**ALLERGENS MENU 2024**

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| **CUSTOMER NOTICE**This document is subject to change. Please email foodbarn@noahsarkzoofarm.co.uk for any updates. Allergen information begins from page 2. This page is solely for the use of the Kitchen. **Most recent upload: 5th April 2024** |

* **MEAT**
* **FISH**
* **VEGETARIAN / SOYA**
* **GLUTEN FREE**

**IN THE BEAR KIOSK WE HAVE A VEGETARIAN FRYER THAT IS GLUTEN FREE. THE SAUSAGES ARE COOKED USING A FRYING PAN. ALL EGGS ARE COOKED IN A SEPARATE FRYING PAN.**

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| **DATE UPDATED** | **AMENDMENT** | **SIGN** |
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**BREAKFAST MENU**

PLEASE BE AWARE THAT THERE ARE TWO COPIES OF THIS ALLGEREN FOLDER. **ANY** CHANGES MADE NEED TO BE UPDATED IN **BOTH** FOLDERS.

**BACON BAP:**

**BACON:** (Pork (88%), Water, Salt, Preservative: Sodium Nitrite).

**Breakfast Roll:** **WHEAT** flour (Calcuim Carbonate, Iron, Thiamin, Niacin), Yeast, Sugar, Salt,Emulsifiers**:** (E47, E481), **SOYA** Flour, Vegetable Oil (Palm & Rapeseed), Deactivated Yeast.

**MAY CONTAIN: NUTS, WHEAT/ RYE, EGGS, MILK, SESAME.**

**Margarine (Soft Spread, Bookers):** Water, Rapeseed Oil, Palm Oil, Salt (1.38%), Stabiliser (Sodium Alginate), Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Polyricinoleate), Acidity Regulator (Citric Acid), Flavouring, Colour (Annatto Bixin, Curcumin), Vitamin A, Vitamin D.

**ALTERNATIVE MARGARINE DUE TOO SUPPLY ISSUE (Summer County):**

Vegetable Oils in varying proportions (55%) (Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono and Diglycerides of Fatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A and D), Colours (Carotenes).

**WHEAT, GLUTEN, RYE.**

**MAY CONTAIN SESAME AND EGGS.**

**GLUTEN FREE ROLL AVAILABLE:** Water, Tapioca Starch, Rice Flour, Mixed Seed (12%) (Sunflower, Linseed, Millet, Poppy), Potato Starch, Rapeseed Oil, Humectant (Vegetable Glycerol), Yeast, Treacle, Psyllium Husk, Stabiliser (Hydroxypropyl Methyl Cellulose), Free Range Dried **EGG** White, Maize Flour, Salt, Maize Starch, Rice Starch, Colour (Plain Caramel), Preservative (Calcium Propionate)

**EGG.**

**MAY CONTAIN SULPHITES AND CEREAL.**

**SAUSAGE BAP:** **SAUSAGE IS GF**

**BROAD OAK SAUSAGE FROM CREED, GLUTEN FREE.**

**RED TRACTOR GLUTEN FREE SAUSAGE:** Pork (84%), Water, Gluten Free Crumb (rice flour, gram flour, maize starch, salt, dextrose), Sea Salt, Spices, Dextrose, Rice Flour, Stabiliser (Pentasodium triphosphate), Preservative (sodium **METABISULPHITE**). Filled into Natural Pork Sausage Casings.

**SULPHITE**

**ALTERNATIVE SAUSAGE:** **PLEASE ASK WHICH ONE FOR ALLERGEN QUESTIONS.**

**MOAT HOUSE FARM STILL GLUTEN FREE**

**MOATWELL FARM SAUSAGE:** Pork, Rice Flour, Salt, Hydroxypropyl Methyl Cellulose E464, Spice Extracts (Pepper, Nutmeg, Coriander, Cayenne, Paprika), Dextrose, Stabilisers: Sodium Tripolyphosphate E451, Sodium Diphosphate EA50; Preservative Sodium **SULPHITE** E221; Flavour Enhancer: Monosodium Glutamate E621; Ground Spices (White Pepper, Ginger), Sage Extract, Colour: E120; Propylene Glycol.

**SULPHITE**

**Breakfast Roll: WHEAT** flour (Calcuim Carbonate, Iron, Thiamin, Niacin), Yeast, Sugar, Salt,Emulsifiers**:** (E47, E481), **SOYA** Flour, Vegetable Oil (Palm & Rapeseed), Deactivated Yeast.

**MAY CONTAIN: NUTS, WHEAT/ RYE, EGGS, MILK, SESAME.**

**Margarine (Soft Spread, Bookers):** Water, Rapeseed Oil, Palm Oil, Salt (1.38%), Stabiliser (Sodium Alginate), Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Polyricinoleate), Acidity Regulator (Citric Acid), Flavouring, Colour (Annatto Bixin, Curcumin), Vitamin A, Vitamin D.

**ALTERNATIVE MARGARINE DUE TOO SUPPLY ISSUE (Summer County):**

Vegetable Oils in varying proportions (55%) (Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono and Diglycerides of Fatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A and D), Colours (Carotenes).

**WHEAT, GLUTEN, SULPHITES.**

**MAY CONTAIN SESAME AND EGGS.**

**GLUTEN FREE ROLL AVAILABLE:** Water, Tapioca Starch, Rice Flour, Mixed Seed (12%) (Sunflower, Linseed, Millet, Poppy), Potato Starch, Rapeseed Oil, Humectant (Vegetable Glycerol), Yeast, Treacle, Psyllium Husk, Stabiliser (Hydroxypropyl Methyl Cellulose), Free Range Dried **EGG** White, Maize Flour, Salt, Maize Starch, Rice Starch, Colour (Plain Caramel), Preservative (Calcium Propionate)

**EGG.**

**MAY CONTAIN SULPHUR AND CEREAL.**

**VEGAN SAUSAGE BAP:** Rehydrated **SOYA** Protein (71%), Water, Seasoning (Yeast Extract, Onion Powder, Natural flavouring, Dextrose, Herb, Smoke Flavouring, Red Beetroot Powder), Onion (4%), Rapeseed Oil, Stabiliser (Methyl Cellulose), Tomato Puree, Stabiliser (Bamboo Fibre).

**Breakfast Roll: WHEAT** flour (Calcuim Carbonate, Iron, Thiamin, Niacin), Yeast, Sugar, Salt,Emulsifiers**:** (E47, E481), **SOYA** Flour, Vegetable Oil (Palm & Rapeseed), Deactivated Yeast.

**MAY CONTAIN: NUTS, WHEAT/ RYE, EGGS, MILK, SESAME.**

**Margarine (Soft Spread, Bookers):** Water, Rapeseed Oil, Palm Oil, Salt (1.38%), Stabiliser (Sodium Alginate), Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Polyricinoleate), Acidity Regulator (Citric Acid), Flavouring, Colour (Annatto Bixin, Curcumin), Vitamin A, Vitamin D.

**ALTERNATIVE MARGARINE DUE TOO SUPPLY ISSUE (Summer County):**

Vegetable Oils in varying proportions (55%) (Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono and Diglycerides of Fatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A and D), Colours (Carotenes).

**WHEAT, GLUTEN, SOYA.**

**MAY CONTAIN: EGGS, MILK, SOYA, SESAME.**

Veggie Sausage cooked in Rapeseed Oil.

**QUORN VEGAN ALTERNATIVE: DUE TO SUPPLY ISSUE**:

Mycoprotein (32%), Textured **WHEAT** Protein (**WHEAT** Flour, Stabiliser (sodium alginate)), Water, Vegetable Oils (rapeseed, palm), Onions, Seasoning (yeast extract, salt, potassium chloride, herbs (sage, parsley), fructose, white pepper, rusk (**WHEAT** flour, salt), **BARLEY** malt extract, carrot powder, leek powder, sage extract, nutmeg extract), potato protein, rusk (**WHEAT** flour, salt, yeast), **WHEAT** gluten, casing (stabiliser (sodium alginate), cellulose, modified starch), potato starch, tapioca starch, firming agent (calcium chloride), pea fibre.

**WHEAT, BARLEY.**

**MAY CONTAIN SULPHUR.**

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**HASH BROWN BAP:** Potato (83%), Sunflower Oil, Potato Flake, Onion, Flavouring, Salt, Stabiliser (Hydroxypropyl Methyl Cellulose), Dextrose, White Pepper.

**Breakfast Roll: WHEAT** flour (Calcuim Carbonate, Iron, Thiamin, Niacin), Yeast, Sugar, Salt,Emulsifiers**:** (E47, E481), **SOYA** Flour, Vegetable Oil (Palm & Rapeseed), Deactivated Yeast.

**MAY CONTAIN: NUTS, WHEAT/ RYE, EGGS, MILK, SESAME.**

**Margarine (Soft Spread, Bookers):** Water, Rapeseed Oil, Palm Oil, Salt (1.38%), Stabiliser (Sodium Alginate), Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Polyricinoleate), Acidity Reg**.**

**ALTERNATIVE MARGARINE DUE TOO SUPPLY ISSUE (Summer County):**

Vegetable Oils in varying proportions (55%) (Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono and Diglycerides of Fatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A and D), Colours (Carotenes).

ulator (Citric Acid), Flavouring, Colour (Annatto Bixin, Curcumin), Vitamin A, Vitamin D.

**WHEAT, GLUTEN.**

**TOAST WITH BUTTER, AND JAM OR MARMALADE:**

**WHITE SLICED BREAD:** **WHEAT** FLOUR: (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, **WHEAT** Sourdough Sea Salt **RYE** Flour, Vitamin C.

**WHEAT, GLUTEN, RYE.**

**MAY CONTAIN: NUTS, SOYA, MILK, EGGS, SESAME.**

**3 SEEDED WHOLEMEAL SLICED BREAD:** **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sunflower Seed, **SESAME** Seed, poppy Seed, Yeast, Sea Salt, **RYE** Flour, Vitamin C.

**WHEAT, GLUTEN, RYE, SESAME.**

**MAY CONTAIN: NUTS, SOYA, MILK, EGGS.**

**BUTTER PORTION:** Cream (**MILK**), Salt.

**MILK.**

**EXTRAS**

**STRAWBERRY JAM:** Fructose-glucose Syrup, Strawberry, Sugar, Gelling Agent (pectin), Acidity Regulator (citric acid), Concentrated Elderberry Juice.

**PASTIES, PIES & SAUSAGE ROLLS:**

**SAUSAGE ROLL (Penny Lane): WHEAT** Flour, Water, Pork (16%), Vegetable Fat -Non- Hydrogenated (Contains: Rapeseed Oil, Palm Oil, Palm Oil Fractions, Coconut Oil, Water, Salt, Emulsifier: E471, Colours: E100, E160b, Citric Acid), Breadcrumb (Contains **WHEAT** Flour, Yeast, Salt), Pork Fat, Seasoning (Contains: Salt, Flavour. Enhancer: E621, Sugar, Stabilisers: E450i and E451i, Preservatives: E221 **SULPHITE** and E223 **SULPHITE**, Pepper, Rusk (Contains: **WHEAT** Flour), Salt, Rising Agent: E503i, Onion Powder, Mace, Spices, Anti-Oxidant: E301, Dextrose, Herbs, Spice Extract, Rapeseed Oil, Natural Flavourings, Colour: E120, Propylene Glycol,), Vegetable Starch, **SOYA** Flour (Contains **SOYA** Protein, Guar Gum), Salt. Glaze: Water, **MILK** Proteins, Modified Maize Starch, Vegetable Oil, Emulsifiers: E322 (**SOYA** Lecithin), E471, Acidity Regulator: E399, Colour: E160a.

**WHEAT, GLUTEN, SOYA, MILK, SULPHITES.**

**CORNISH PASTY**: **WHEAT** Flour (contains: Calcium, Iron, Niacin, Thiamine), Potato, Beef (14%) Margarine (vegetable oil, (Palm oil, Rapeseed oil, Water, Salt, Emulsifiers: E471, colours: E160b, E100), Swede, Water, Onions, Lard (pork fat), Seasoning (salt, Dextrose, Onion Powder, Hydrolysed Vegetable protein (contains **SOYA**, Maize, Black pepper, rusk [contains **WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamine) Salt]ground white pepper, Rapeseed oil, Cayenne Extract), Salt, Modified maize Starch, Caster sugar, Ground Black pepper, Glaze: Water, Vegetable oil, (Rapeseed), Modified Starch, Emulsifiers: E471, E322), Dextrose, Vegetable Protein, **MILK** proteins, Acidity Regulator: E339 (iii), Colour: E160a(iii), Semi-skimmed **MILK**

**WHEAT, SOYA, MILK, GLUTEN.**

**CONTAINS PORK.**

**CHEESE PASTY:** Potato, **WHEAT** Flour (contains Calcium, Iron, Niacin, Thiamine), Margarine (Vegetable Oil (Palm oil, Rapeseed oil), Water, Salt, Emulsifiers:E471, Colours: E160b, E100), Onions (14%), Mature Cheese (12%) (Pasteurised Full Fat **MILK**, Salt, Starter Culture, Vegetarian Rennet, Water, Vegetable Oil, **MILK** Protein, Emulsifying Salts, Potato Starch, Colour: E160a)), Water, Seasoning (Salt, Dextrose, Onion Powder, Hydrolysed Vegetable Protein, (contains: **SOYA**, Maize), Black Pepper, Rusk [contains: **WHEAT** flour (Calcium Carbonate, Iron, Thiamine, Niacin), Salt], Ground White Pepper, Rapeseed Oil, Cayenne extract), Salt, Modified Maize Starch, Caster Sugar, Glaze: Water, Vegetable Oil (Rapeseed), Modified Starch, Emulsifiers: (E471, E322), Dextrose, Vegetable Protein, **MILK** Proteins, Acidity Regulator: E339 (iii), Colour: E160a, Semi Skimmed **MILK.**

**WHEAT, GLUTEN, SOYA, MILK.**

**STEAK AND GRAVY PASTY:**

**PLEASE ASK WHICH ONE WE HAVE IN STOCK**

**CORNISH PREMIUM PASTIES**

**INGREDIENTS:** Water, **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Beef (20%), Margarine (Vegetable Oils and Fats (Palm, Rapeseed), Water, Salt, Emulsifier: E471, Acid: Citric Acid), Potato, Beef Gravy (3%) (**WHEAT** Flour (Calcium Carbonate, Niacin, Iron, Thiamine), Modified Maize Starch, Salt, Lactose (**MILK**), Dextrose, Malt Extract (**BARLEY**), Sugar, Yeast Extract Powder, Onion Powder, Savoury Flavour Seasoning (Flavouring, Hydrolysed Vegetable Protein (**SOYA**, Maize), Salt, Maltodextrin, Sunflower Oil, Acidity Regulator (Citric Acid), Rapeseed Oil, Pepper Extract, Rusk (**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Raising Agent: E503(ii)), Garlic Powder, White Pepper, Ground Thyme, Cayenne Extract), Cornflour, Salt, Sugar, Black Pepper. Glaze: Water, Vegetable Oil (Rapeseed), Modified Starch, Semi-Skimmed **MILK**, Dextrose, Emulsifiers: E471, E322, Vegetable Protein, **MILK** Proteins, Acidity Regulator: E339 (iii), Colour: E160a (iii).

**WHEAT, GLUTEN, SOYA, MILK, BARLEY.**

**MAY CONTAIN: CELERY, MUSTARD, SULPHIR DIOXIDE.**

**LAMB & MINT:**

**PRIMA BRAND:**

**INGREDIENTS: WHEAT** Flour (Calcium, Iron, Niacin, Thiamin) Potato Lamb (16%), Onions, Swede, Pastry Margarine (Vegetable Oil - Rspo Palm & Rapeseed, Water, Salt, Emulsifier E471, Colour E160b/E100), Lard Lamb Bouillon (Salt, Vegetable Oil (Palm, Sunflower), Potato Starch Maltodextrin, Yeast Extract, Sugar, Flavourings, Lamb, Onion Powder Spices (Garlic, Pepper, Paprika, Turmeric, **CELERY** Seeds), Rosemary) **WHEAT** Flour, Salt, Glaze (Rapeseed Oil, Sugar, Cornflour, Pea Protein Starch), Black Pepper, Garden Mint Glaze (Sugar, Acids (Sodium Diacetate, Malic Acid), Dried Glucose Syrup, Modified Starch, Salt, Dried Mint, Yeast Extract, Dried Tomato, Natural Flavouring, Colours (Paprika Extract And Natural Rosemary Flavouring Curcumin), Thickeners (Xanthan Gum, Guar Gum), Natural Garden Mint Flavouring), White Pepper.

**WHEAT, CELERY.**

**BACON & CHEESE TURNOVER:**

**PLEASE ASK WHICH ONE WE HAVE IN STOCK**

**CORNISH PREMIUM PASTIES**

**INGREDIENTS: WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsmoked Bacon (24%) (Pork (86%), Water, Salt, Preservatives (E250, E252), Ant-oxidant (E301)), Margarine (Vegetable Fats And Oils (Palm, Rapeseed), Water, Salt, Emulsifier (E471, E475), Acid (Citric Acid), Natural Flavour, Colour (E160a0))), Mature Cheese (13%) (Pasteurised Full Fat **MILK**, Water, Vegetable Oil, Potato Starch, **MILK** Protein, Salt, Emulsifying Salts, Starter Culture, Vegetable Rennet, Colour: E160a)), Water, Bechamel Sauce (Creamer (Lactose (**MILK**), Refined Coconut Oil, Whey Powder (**MILK**), Sodium Caseinate (**MILK**), **MILK** Proteins, Stabilser (E451())), Modified Starch, Skimmed **MILK** Powder, Salt, Sugar, Flavouring, Nutmeg), Pork Lard, Salt, Sugar. Glaze. Water, Vegetable Oil (Rapeseed), Modified Starch, Semi-Skimmed **MILK**, Dextrose, Emulsifiers (E471, E322) Vegetable Protein, **MILK** Proteins, Acidity Regulator (E339(m)), Colour (E160a))).

**WHEAT, GLUTEN, MILK.**

**ALTERNATIVE BACON & CHEESE TURNOVER**

**PRIMA BRAND:**

**INGREDIENTS:** Bacon (31%). **WHEAT** Flour (Calcium, Iron, Niacin, Thiamin), Cheddar CHEESE (**MILK**) (19%), Pastry Margarine: (Vegetable Oil Rspo Palm & Rapeseed, Water, Sait Emulsifier E471
Colour E160b/E100) Vegetable Oil Palm. Rapeseed Salt).

**WHEAT, MILK.**

**STEAK SLICE: WHEAT** Flour, Water, Beef (21%), Non Hydrogenated Fat, (Contains: Rapeseed Oil, Palm Oil, palm Oil Fractions, Coconut oil), Water, Salt, Emulsifier E471, Colours E100, 160b, Citric Acid, Seasoning Contains: (Modified Corn Flour, **WHEAT** Flour, Potato, Salt, Flavour Enhancer, Colour E150e, Pepper, Rusk: (**WHEAT** Flour, Salt, Raising Agent (E503(ii), Onion, salt. Glaze: Water, **MILK** Proteins, Modified Maize Starch, Vegetable oil, Emulsifier E322 (**SOYA** Lecithin), E471, Acidity Regulator: E339, Colour: E160a.

**WHEAT, GLUTEN, MILK, SOYA.**

**OINKER SAUSAGE ROLL:** Pork (30%), Water, Rusk (**WHEAT** Flour, Salt, E503ii as process aid), Rhostar (**WHEAT** Flour, Rusk (**WHEAT**), Starch, Potato, Salt), Seasoning (Salt, **WHEAT** Flour, Sugar, Preservative: E221, Stabilisers: E450 (i, iii), Dextrose, Yeast Extract, Antioxidant E300, Spices Extract, Herb Extract, Contains **SULPHITE**), Pastry: (**WHEAT** Flour, Margarine (Palm and Rapeseed Oil), Water, Salt, Preservative: E202)**,** Glaze: Water, Vegetable Oil (Rapeseed), Modified Starch (Tapioca), Dextrose (Maize), Emulsifiers: E471, E322, Vegetable Protein, **MILK** Protein, Acidity Regulator: E339iii, Colour: E160a, Flour (**WHEAT** Flour).

**WHEAT, GLUTEN, SULPHITES, MILK.**

**MAY CONTAIN EGG, SOYA, MUSTARD, CELERY.**

**PORK, APPLE AND CIDER SAUSAGE ROLL:** Pork (30%), Water, Rusk (**WHEAT** Flour, Salt, E503ii as process aid), Rhostar (**WHEAT** Flour, Rusk (**WHEAT**), Starch Potato, Salt), Seasoning (Salt, **WHEAT** Flour, Sugar, Preservative: E221, Stabilisers: E450 (i,ii), Dextrose, Yeast Extract, Antioxidant: E300, Spices Extract, Herb Extract, Contains: (**SULPHITE**), Dried Apple (0.89%), Dehydrated Apple, Preservative: E223, Cider(1.49% contains :**SULPHITES**), Pastry: (**WHEAT** Flour, Margarine (Palm and Rapeseed Oil), Water, Salt, Preservative: E202)**,** Glaze: Water, Vegetable oil (rapeseed), Modified Starch (Tapioca), Dextrose (Maize), Emulsifiers: E471, E322, Vegetable protein, **MILK** Protein, Acidity Regulator: E339iii, Colour: E160a, Flour (**WHEAT** Flour).

**WHEAT, GLUTEN, SULPHITES, MILK.**

**MAY CONTAIN EGG, SOYA, MUSTARD, CELERY.**

**PORK, LUDLOW ALE AND MUSTARD SAUSAGE ROLL:** Pork (31%), Water, Rusk ( **WHEAT** Flour, Salt, E503ii), (**WHEAT** Flour, Rusk (**WHEAT**), Starch, Potato, Salt), Seasoning (Salt, WHEAT Flour, Sugar, Preservative: E221, Stabilisers: E450 (i,ii), Dextrose, Yeast Extract, Antioxidant: E300, Spices Extract, Herb Extract, Contains: **SULPHITE**), Grain **MUSTARD** (1.55% **MUSTARD** Seed (30%), Water, White Wine Vinegar, Spirit Vinegar, Sugar, **MUSTARD** Flour (4%), Salt, Cinnamon, Pimento, Turmeric), Hobson Ale (1.43%), Water, Malted **BARLEY**, **WHEAT**, Hops, Traces of Yeast, Caramel, Finings, Vanilla (Contain: **SULPHITE**), Pastry: (**WHEAT** Flour, Margarine (Palm and Rapeseed oil), Water, Salt, Preservative E202), Glaze: Water, Vegetable oil (rapeseed), Modified Starch (Tapioca), Dextrose (Maize), Emulsifiers: E471, E322, Vegetable protein, **MILK** Protein, Acidity Regulator: E339iii, Colour: E160a.

**WHEAT, GLUTEN, SULPHITES, BARLEY, MILK, MUSTARD.**

**MAY CONTAIN EGG, SOYA, CELERY.**

**PORK AND LEEK SAUSAGE ROLL:** Pork (31%), Water. Rusk (**WHEAT** Flour, Salt, E503 as process aid). Rhostar (**WHEAT**. Rusk: (**WHEAT**) Starch Potato. Sall). Seasoning Salt. **WHEAT** Flour (Calcium Carbonate, Iron. Niacin & Thiamin), Sugar, Stabilisers (DiphosphatesE450). Preservative E221 (**SULPHITE**). Yeast Extract, Flavourings. Antioxidant (Ascorbic Add Natural Flavourings, Dried Onion. Dehydrated Leek (0.3%), Rubbed Sage (0.3%) Pastry: (**WHEAT** Flour, Margarine (Palm and Rapeseed Oil). Water, Salt, Preservative: E202) Glaze: Water. Vegetable Oil (Rapeseed). Modified Starch (Tapioca), Dextrose (Maize). Emulsifiers: E471, E322, Vegetable Protein, **MILK** Protein. Acidity Regulator: E339. Colour: E1600.

**WHEAT, GLUTEN, SULPHITES, MILK.**

**MAY CONTAIN EGG, SOYA, MUSTARD, CELERY.**

**HOG ROAST SAUSAGE ROLL:** Pastry 34%: (**WHEAT** Flour Palm Oil Rapeseed Oil Waler, Salt: (Anti caking agent E535). Emulsifier Mono And Diglycerides Of Falty Acids Colours Annuto, Curcumin water Vegetable Oil Palm, Palm Kernel, Rapeseed, Water Salt: (contains ES35) Emuhifier Distilled Monoglyceride (E471). Flavouring Salt contains E535) Pork 30%, Water, Rusk (**WHEAT** Flour containing Calcium Carbonate, Iron, Niacin, Thiamin) Salt: (contains E535 Anticaking Agent) E503ii, (process Aid), Rhostar Seasoning: (**WHEAT** Flour: (With Calcium, Iron Niacin & Thiamine) Salt Rusk: (**WHEAT**), Starch: (Potato) Sugar. Preservative E221 (**SULPHITE**) Stabilizers: (Diphosphate (450), Dextose. Yeast Extract Antioxidant (Ascorbic Acid), Natural Flavourings flavouring Pork Rinds Salt contains E535. Rusk Fortified: (**WHEAT** Flour, Calcium Carbonate iron, Niacin, Thiamine)), Salt, Raising Agent E503(ii). Flavour Enhancer E621. Dextrose. Flavourings **SOYA BEAN**, Hydrolysed Vegetable Protein. Natural Flavouring Sugar. Acid E330. Spice Extracts. Paprika Extact. **CELERY** Bramley Apple Sauce Apple 98% Antioxidant (2%) Ascorbic Acid, Ctric Acid, Salt contains E535 Glaze (Water, Vegetable Oil (Rapeseed), Modified Starch (Tapioca). Dextrose (Maize). Emulsifiers (Mono- And Diglycerides Of Fatty Acids-Palm E471, Sunflower Lecithin E322), Vegetable Protein, **MILK** Protein. Acidity Regulator (Trisodium Phosphate E339iii), Colour (Beta-Carotene E160a)), Onion, Sage, White pepper, Polenta, **WHEAT** Flour (with Calcium, iron Niacin & Thiamine).

**WHEAT, GLUTEN, CELERY, SOYA, SULPHITES, MILK.MAY CONTAIN EGG, MUSTARD.**

**VEGAN SAUSAGE ROLL: WHEAT** Flour (contains: Calcium, Iron, Niacin, Thiamine), Water, Margarine (vegetable fat (Palm), Vegetable Oils (Rapeseed and Coconut), Water, Salt, Emulsifier: E471, E475, Acid:E330, Natural Flavour, Colours: E100, E160a, E160b), Vegan Sausage Roll Seasoning (**WHEAT** Protein (**SULPHITE**), Palm Fat, **WHEAT** Protein, Vegetable Oil (Rapeseed), Rusk (contains: **WHEAT** Flour [Calcium Carbonate, Iron, Niacin, Thiamine], Salt), Flavouring (Contains: Salt Maltodextrin, Yeast Extract, Process Flavouring), Stabiliser:E461, Salt, Herb (Sage), Flavour Enhancer:E621, Spices (White Pepper, Coriander, Chilli), Dextrose, Onion Powder, Colour E150c), Onions, Salt, Caster Sugar, Glaze: Water, Vegetable Oil (Rapeseed), Sugar, Cornflour, Vegetable Protein, Starch.

**WHEAT, GLUTEN, SULPHITES.**

**LUNCH MENU**

**NACHOS**

**TORTILLA CHIPS:** Maize Flour (69%), Sunflower Oil, Salt**.**

**Country Range Salted Tortilla Chips: Our Supplier States, on its website that they are Suitable for CEOLIACS.**

**SALSA:** Chopped Tomato (53%), Water, Spirit Vinegar, Onion (7%), Green Peppers (7%), Sugar, Tomato Paste (4%), Thickener (Modified Maize Starch), Salt, Garlic Powder, Jalapeno, Oregano, Cumin Powder, Black Pepper, Chilli Powder.

**GUACAMOLE:** Avocado (82%), Water, Red Bell Pepper, Jalapeno Puree, Salt, Sugar, Antioxidant (Ascorbic Acid), Onion Powder, Stabiliser (Xanthan Gum), Garlic Powder, Acidity Regulator (Citric Acid), Dehydrated Coriander.

**GUACAMOLE IS NOT CEOLIAC CERTIFIED**

**CHEDDAR CHEESE:** Cheese (**MILK**), (Potato Starch).

**JALAPENOS:** Jalapeno Peppers, Water, Salt, Spirit Vinegar, Firming Agent (Calcium Chloride).

**UPGRADES:**

**CHILLI CON CARNE:** Beef mince, Brown Skin Onion, Mixed Peppers, Kidney Beans (Red Kidney Beans, Water, Calcium Chloride), Tinned Chopped Tomatoes (Tomatoes, tomato Juice, Acidity regulator (Citric Acid), Pizza Sauce (Tomatoes, Salt (0.5%), Acidity Regulator: Citric Acid), Tomato paste: (Tomato), Vegetable Stock: (Dextrose, Salt, Potato Starch, Dried Vegetables (11%) (Onion, Carrot, Leek, Lovage), Yeast Extract, Sunflower Oil, Parsley, Turmeric, Natural Flavouring, White Pepper. Gr. Cumin, Gr. Coriander, Smk. Paprika, Chilli Powder, Dried Oregano, Onion Powder, Garlic Powder, Salt, Pepper Gravy Browning (Colour Ammonia Caramel).

**ALTERNATIVE CHILLI CON CARNE: PLEASE ASK WHICH ONE FOR ALLERGEN QUESTIONS.**

**BRITISH BEEF CHILLI CON CARNE (From CREED):** Chopped Tomatoes, Red Kidney Beans (21%), British Minced Beef (16%), Water, Diced Onions, Tomato Puree, Diced Red Peppers, Modified Maize Starch, Salt, Cumin, Sugar, Garlic Puree, Chilli Powder, Cracked Black Pepper.

**2 BEAN CHILLI:** Brown skin Onions, Fresh Garlic, Mixed Chillies, Mixed Bell Peppers, Butter beans: (Butter Beans, Water, Ascorbic Acid), Butter Beans: (Butter Beans, Water, Firming Agent (Calcium Chloride), Antioxidant (Sodium **METABISULPHITE**). Kidney Beans (Red Kidney Beans, Water, Calcium Chloride), Dried Red Lentils, Tinned Chopped Tomatoes (Tomatoes, tomato Juice, Acidity regulator (Citric Acid), Pizza Sauce (Tomatoes, Salt (0.5%), Acidity Regulator: Citric Acid), Tomato paste: (Tomato), Vegetable Stock: ( Dextrose, Salt, Potato Starch, Dried Vegetables (11%) (Onion, Carrot, Leek, Lovage), Yeast Extract, Sunflower Oil, Parsley, Turmeric, Natural Flavouring, White Pepper. Gr. Cumin, Gr. Coriander, Smoked Paprika, Chilli Powder, Dried Oregano, Onion Powder, Garlic Powder, Salt, Pepper Gravy Browning (Colour Ammonia Caramel).

**TOASTIE**

**PLEASE ASK WHICH BREAD WE HAVE IN STOCK:**

**WHITE BREAD**: **WHEAT** FLOUR: (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, **WHEAT** Sourdough Sea Salt **RYE** Flour, Vitamin C. MARAGRINE: (Water, Rapeseed Oil, Palm Oil, Salt (1.38%), Stabiliser (Sodium Alginate), Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Polyricinoleate), Acidity Regulator (Citric Acid), Flavouring, Colour (Annatto Bixin, Curcumin), Vitamin A, Vitamin D). Vegetable oils (rape), Thickener (Carnauba wax), Emulsifier (Lecithin (sunflower)), Propellant (Propane, butane, isobutane).

**WHEAT, RYE.**

**MAY CONTAIN: NUTS, EGGS, MILK, SESAME, SOYA.**

**ALTERNATIVE BREAD:**

**3 SEEDED WHOLEMEAL SLICED BREAD:** **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sunflower Seed, **SESAME** Seed, poppy Seed, Yeast, Sea Salt, **RYE** Flour, Vitamin C.

**WHEAT, RYE, SESAME.**

**MAY CONTAIN: NUTS, EGGS, MILK, SOYA.**

**HAM AND CHEESE:**

**PLEASE ASK WHICH BREAD WE ARE USING:**

**WHITE BREAD OR 3 SEEDED WHOLEMEAL SLICED BREAD**

**THE WHOLEMEAL CONTAINS SESAME.**

**Margarine (Soft Spread, Bookers):** Water, Rapeseed Oil, Palm Oil, Salt (1.38%), Stabiliser (Sodium Alginate), Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Polyricinoleate), Acidity Regulator (Citric Acid), Flavouring, Colour (Annatto Bixin, Curcumin), Vitamin A, Vitamin D.

**RELEASE SPRAY:** Vegetable oils (rape), Thickener (Carnauba wax), Emulsifier (Lecithin (sunflower)), Propellant (Propane, butane, isobutane).

**Ham**: Pork (100g of pork per 100g of finished product), Water, Cure (Modified Waxy Maize Starch, Salt, Stabiliser (Triphosphates), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)), Salt, Preservatives (Sodium Lactate, Sodium Acetate).

**Moat Well Farm Ham:** (Pork, Salt, Preservative mix (E251, E250), Proplyene Glycol).

**Cheddar Cheese:** Medium Cheddar Cheese (**MILK**).

**SALAD**: Lettuce, Tomato, Cucumber, Beetroot.

**DRESSING:** Water, Rapeseed Oil, Acidity Regulator (Acetic Acid), Sugar, White Wine Vinegar (7%), Salt, Dijon **MUSTARD** (Water, **MUSTARD** Seeds, Spirit Vinegar, Salt), **MUSTARD** Seeds, Lemon Concentrate, Stabiliser (Xanthan Gum), Chives, Preservative (Potassium Sorbate), Black Pepper

**MUSTARD.**

**COLESLAW:** Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip), Mayonnaise: Rapeseed Oil (65%), Water, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract).

**MAY CONTAIN SULPHITES.**

**TUNA & RED ONION:**

**PLEASE ASK WHICH BREAD WE ARE USING:**

**WHITE BREAD OR 3 SEEDED WHOLEMEAL SLICED BREAD**

**THE WHOLEMEAL CONTAINS SESAME.**

**Margarine (Soft Spread, Bookers):** Water, Rapeseed Oil, Palm Oil, Salt (1.38%), Stabiliser (Sodium Alginate), Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Polyricinoleate), Acidity Regulator (Citric Acid), Flavouring, Colour (Annatto Bixin, Curcumin), Vitamin A, Vitamin D.

**RELEASE SPRAY:** Vegetable oils (rape), Thickener (Carnauba wax), Emulsifier (Lecithin (sunflower)), Propellant (Propane, butane, isobutane).

**TUNA:** Tuna (**FISH**), Mayonnaise: Rapeseed Oil (65%), Water, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract). RED ONION.

**CHEESE:** Medium Cheddar Cheese (**MILK**).

**SALAD**: Lettuce, Tomato, Cucumber, Beetroot.

**DRESSING:** Water, Rapeseed Oil, Acidity Regulator (Acetic Acid), Sugar, White Wine Vinegar (7%), Salt, Dijon **MUSTARD** (Water, **MUSTARD** Seeds, Spirit Vinegar, Salt), **MUSTARD** Seeds, Lemon Concentrate, Stabiliser (Xanthan Gum), Chives, Preservative (Potassium Sorbate), Black Pepper

**MUSTARD.**

**COLESLAW:** Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip), Mayonnaise: Rapeseed Oil (65%), Water, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract).

**MAY CONTAIN SULPHITES.**

**CHEESE & TOMATO:**

**PLEASE ASK WHICH BREAD WE ARE USING:**

**WHITE BREAD OR 3 SEEDED WHOLEMEAL SLICED BREAD**

**THE WHOLEMEAL CONTAINS SESAME.**

**RELEASE SPRAY:** Vegetable oils (rape), Thickener (Carnauba wax), Emulsifier (Lecithin (sunflower)), Propellant (Propane, butane, isobutane).

**Margarine (Soft Spread, Bookers):** Water, Rapeseed Oil, Palm Oil, Salt (1.38%), Stabiliser (Sodium Alginate), Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Polyricinoleate), Acidity Regulator (Citric Acid), Flavouring, Colour (Annatto Bixin, Curcumin), Vitamin A, Vitamin D.

**CHEESE:** Medium Cheddar Cheese (**MILK**).

**TOMATO:** Tomato.

**SALAD**: Lettuce, Tomato, Cucumber, Beetroot.

**DRESSING:** Water, Rapeseed Oil, Acidity Regulator (Acetic Acid), Sugar, White Wine Vinegar (7%), Salt, Dijon **MUSTARD** (Water, **MUSTARD** Seeds, Spirit Vinegar, Salt), **MUSTARD** Seeds, Lemon Concentrate, Stabiliser (Xanthan Gum), Chives, Preservative (Potassium Sorbate), Black Pepper

**MUSTARD.**

**COLESLAW:** Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip), Mayonnaise: Rapeseed Oil (65%), Water, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract).

**MAY CONTAIN SULPHITES.**

**RED ONION & CHEESE: SPECIALS**

**PLEASE ASK WHICH BREAD WE ARE USING:**

**WHITE BREAD OR 3 SEEDED WHOLEMEAL SLICED BREAD**

**THE WHOLEMEAL CONTAINS SESAME.**

**RELEASE SPRAY:** Vegetable oils (rape), Thickener (Carnauba wax), Emulsifier (Lecithin (sunflower)), Propellant (Propane, butane, isobutane).

**Margarine (Soft Spread, Bookers):** Water, Rapeseed Oil, Palm Oil, Salt (1.38%), Stabiliser (Sodium Alginate), Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Polyricinoleate), Acidity Regulator (Citric Acid), Flavouring, Colour (Annatto Bixin, Curcumin), Vitamin A, Vitamin D.

**CHEESE:** Medium Cheddar Cheese (**MILK**).

**SALAD**: Lettuce, Tomato, Cucumber, Beetroot.

**DRESSING:** Water, Rapeseed Oil, Acidity Regulator (Acetic Acid), Sugar, White Wine Vinegar (7%), Salt, Dijon **MUSTARD** (Water, **MUSTARD** Seeds, Spirit Vinegar, Salt), **MUSTARD** Seeds, Lemon Concentrate, Stabiliser (Xanthan Gum), Chives, Preservative (Potassium Sorbate), Black Pepper

**MUSTARD.**

**COLESLAW:** Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip), Mayonnaise: Rapeseed Oil (65%), Water, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract).

**MAY CONTAIN SULPHITES.**

**CHEESE & BRANSTON PICKLE:**

**PLEASE ASK WHICH BREAD WE ARE USING:**

**WHITE BREAD OR 3 SEEDED WHOLEMEAL SLICED BREAD**

**THE WHOLEMEAL CONTAINS SESAME.**

**RELEASE SPRAY:** Vegetable oils (rape), Thickener (Carnauba wax), Emulsifier (Lecithin (sunflower)), Propellant (Propane, butane, isobutane).

**Margarine (Soft Spread, Bookers):** Water, Rapeseed Oil, Palm Oil, Salt (1.38%), Stabiliser (Sodium Alginate), Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Polyricinoleate), Acidity Regulator (Citric Acid), Flavouring, Colour (Annatto Bixin, Curcumin), Vitamin A, Vitamin D.

**CHEESE:** Medium Cheddar Cheese (**MILK**).

**BRANSTON PICKLE:** Vegetables in Variable Proportions (51%) (Carrot, Rutabaga, Onion, Cauliflower), Sugar, **BARLEY** Malt Vinegar, Spirit Vinegar, Water, Tomato Purée, Date Paste (Dates, Rice Flour), Apple Pulp, Salt, Modified Maize Starch, Colour (**SULPHITE** Ammonia Caramel), Onion Powder, Concentrated Lemon Juice, Spices, Colouring Food (Roasted **BARLEY** Malt Extract), Herb and Spice Extracts.

**BARLEY, SULPHITE.**

**SALAD**: Lettuce, Tomato, Cucumber, Beetroot.

**DRESSING:** Water, Rapeseed Oil, Acidity Regulator (Acetic Acid), Sugar, White Wine Vinegar (7%), Salt, Dijon **MUSTARD** (Water, **MUSTARD** Seeds, Spirit Vinegar, Salt), **MUSTARD** Seeds, Lemon Concentrate, Stabiliser (Xanthan Gum), Chives, Preservative (Potassium Sorbate), Black Pepper

**MUSTARD.**

**COLESLAW:** Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip), Mayonnaise: Rapeseed Oil (65%), Water, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract).

**MAY CONTAIN SULPHITES.**

**CHILDRENS MENU**

**SAUSAGE AND CHIPS: Sausages are Gluten free**.

Chips and Sausages Cooked in Rapeseed Oil, (Separate Oil).

**SAUSAGE:** Pork, Rice Flour, Salt, Hydroxypropyl Methyl Cellulose E464, Spice Extracts (Pepper, Nutmeg, Coriander, Cayenne, Paprika), Dextrose, Stabilisers: Sodium Tripolyphosphate E451, Sodium Diphosphate EA50; Preservative Sodium **SULPHITE** E221; Flavour Enhancer: Monosodium Glutamate E621; Ground Spices (White Pepper, Ginger), Sage Extract, Colour: E120; Propylene Glycol**.**

**SULPHITES**

**DUE TO SUPPLY ISSUES SOMETIMES IT’S AN ALTERNATE SAUSAGE. PLEASE ASK OUR STAFF, IF SO GO TO BREAKFAST SAUSAGE BAP FOR ALTERNATE SAUSAGE INGREDIENTS.**

**CHIPS:** Potato (90%), Sunflower Oil, Batter (5%) (Potato Starch, Rice Flour, Modified Potato Starch, Salt, Dextrin, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Thickener (Xanthan Gum), Paprika Extract, Turmeric Extract).

**GARDEN PEAS:** Peas.

**BAKED BEANS:** Haricot Beans (53%), Tomatoes (29%), Water, Sugar, Modified Maize Starch, Glucose - Fructose Syrup, Salt, Onion Powder, Paprika, Yeast Extract, Flavouring, Clove Extract. **CUCUMBER:** Cucumber.

**CHICKEN GOUJONS AND CHIPS:**

Chips and Goujons cooked in rapeseed oil, (Separate Oil).

**CHICKEN STRIPS:** Chicken Breast Fillet (62%), Water, **WHEAT** Flour, Thickeners (Modified Tapioca Starch, Xanthan Gum, Guar Gum), Salt, Corn Starch, Sugar, Yeast, Fully Refined **SOYA** Oil.

 **WHEAT, GLUTEN, SOYA.**

**CHIPS:** Potato (90%), Sunflower Oil, Batter (5%) (Potato Starch, Rice Flour, Modified Potato Starch, Salt, Dextrin, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Thickener (Xanthan Gum), Paprika Extract, Turmeric Extract).

**GARDEN PEAS:** Peas.

**BAKED BEANS:** Haricot Beans (53%), Tomatoes (29%), Water, Sugar, Modified Maize Starch, Glucose - Fructose Syrup, Salt, Onion Powder, Paprika, Yeast Extract, Flavouring, Clove Extract. **CUCUMBER:** Cucumber.

**FISH FINGER AND CHIPS:**

Chips and Fish Fingers cooked in Rapeseed Oil, (Separate Oil).

**FISH GOUJONS (Creed):** Cod (**FISH**), Coating (Breadcrumbs (Salt, Yeast, Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Thiamin, Iron)), Batter (Water, Garlic Powder, Onion Powder, Salt, **WHEAT** Flour (**WHEAT** Flour, Iron, Calcium Carbonate, Niacin, Thiamin), Yeast Extract)).

**DUE TO SUPPLY ISSUES SOMETIMES IT’S AN ALTERNATE FISH GOUJON. PLEASE ASK OUR STAFF, IF SO GO TO BREAKFAST SAUSAGE BAP FOR ALTERNATE SAUSAGE INGREDIENTS.**

**FISH GOUJON (Bookers):** Cod (**Fish**) (50%), **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, **Wheat** Starch, Salt, Yeast Extract, Maize Starch, Yeast, Stabiliser (Xanthan Gum), Dextrose, Sunflower Oil, Emulsifier (Sunflower Lecithin), Raising Agent (Ammonium Carbonate).

**CHIPS:** Potato (90%), Sunflower Oil, Batter (5%) (Potato Starch, Rice Flour, Modified Potato Starch, Salt, Dextrin, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Thickener (Xanthan Gum), Paprika Extract, Turmeric Extract).

**GARDEN PEAS:** Peas.

**BAKED BEANS:** Beans (49%), Tomatoes (30%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings.

**CUCUMBER:** Cucumber.

**PENNE PASTA, WITH CHEESE AND GARLIC BREAD:**

**Pizza Sauce**: Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane), Tomatoes (99.5%), Salt, Acidity Regulator: Citric Acid Mixed Herbs (Basil, Marjoram, Oregano, Rosemary, Sage, Thyme), Sugar, Salt, Pepper.

**GRATED CHEDDAR CHEESE:** Mature grated cheese: (**MILK)**, Anti- Caking agent (Potato Starch).

**PASTA:** 100% Durum **WHEAT** Semolina.

**GARLIC BREAD: WHEAT** Flour, Water, Palm Fat, Rapeseed Oil, Garlic (4%), Yeast, Salt, Parsley, **WHEAT** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Flour Treatment Agent (Ascorbic Acid), Dextrose, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Natural Flavouring, Colour (Beta-Carotene)

**May contain traces of SESAME & MILK.**

**SEASONAL SOUPS:**

**TOMATO & ROASTED RED PEPPER :** Tinned Chopped Tomatoes: (Tomatoes, tomato Juice, Acidity regulator (Citric Acid), Fresh Tomatoes, Fresh Red Peppers, Caramlised Onion: (Re-hydrated Red Onions (68%), Sugar, Re-hydrated Onions, Red Wine Vinegar (15%), Colour (Plain Caramel) (2%), Modified Maize Starch, Sea Salt, Ground Ginger, Cinnamon Powder, Ground Nutmeg), Fresh Garlic, Tomato Puree, Mixed Herbs (Basil, Marjoram, Oregano, Rosemary, Sage, Thyme), Fresh Basil, Fresh Potato, Sugar, White Wine Vinegar, Vegetable Stock: (Dextrose Powder, Salt, Maltodextrin Maize, Potato Flake, Onion Powder, Yeast Extract, Rapeseed Oil, Leek Powder, Carrot Powder, Turmeric Powder, Lovage, Flavouring, Parsley, White Pepper). Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane).

**CARROT & ORANGE:** Carrots, Onions, Garlic, Potato, Fresh Orange Juice, Water, Vegetable Stock: (Dextrose Powder, Salt, Maltodextrin Maize, Potato Flake, Onion Powder, Yeast Extract, Rapeseed Oil, Leek Powder, Carrot Powder, Turmeric Powder, Lovage, Flavouring, Parsley, White Pepper). Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane).

**PUMPKIN & COCONUT:** Butternut squash or Pumpkin (Depends on delivery), Carrots, Onions, Fresh Garlic, Coconut Milk: (Coconut Extract 81.82%, Water, Stabilizers: Guar Gum (E412), Carboxy Methyl Cellulose (E466), Emulsifier: Polysorbate 60 (E435), Antioxidant: Citric Acid (E330). Pizza Sauce: (Tomatoes (99%), Salt, Acidity regulator (Citric acid). Red Lentils, Vegetable Stock: (Dextrose Powder, Salt, Maltodextrin Maize, Potato Flake, Onion Powder, Yeast Extract, Rapeseed Oil, Leek Powder, Carrot Powder, Turmeric Powder, Lovage, Flavouring, Parsley, White Pepper). Gr. Cumin, gr. Coriander, Gr. Tumeric, Gr. Cinnamon, Gr. Chilli Powder, Gr. Ginger, Salt, Pepper. Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane).

**GOLDEN VEGETABLE:** Swede, Carrot, Onions, Garlic, parsnip, Potato (Sweet Potato if available), Water, Vegetable Stock: (Dextrose Powder, Salt, Maltodextrin Maize, Potato Flake, Onion Powder, Yeast Extract, Rapeseed Oil, Leek Powder, Carrot Powder, Turmeric Powder, Lovage, Flavouring, Parsley, White Pepper), Salt. Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane).

**CELRIAC & APPLE:** Sliced onions, Garli, Parsnip, Celeriac (RELATED TO **CELERY**), Potato, Apple, Water, Vegetable Stock: (Dextrose Powder, Salt, Maltodextrin Maize, Potato Flake, Onion Powder, Yeast Extract, Rapeseed Oil, Leek Powder, Carrot Powder, Turmeric Powder, Lovage, Flavouring, Parsley, White Pepper), Salt. Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane).

**CELERY.**

**BREAD ROLL FOR SOUP**

**BREAD ROLL: WHEAT** flour (Calcuim Carbonate, Iron, Thiamin, Niacin), Yeast, Sugar, Salt,Emulsifiers**:** (E47, E481), **SOYA** Flour, Vegetable Oil (Palm & Rapeseed), Deactivated Yeast.

**WHEAT, SOYA**

**MAY CONTAIN: NUTS, WHEAT/ RYE, EGGS, MILK, SESAME.**

**BUTTER PORTION:** Cream(**MILK**),Salt.

**GLUTEN FREE BREAD OPTION AVAILABLE** Water, Tapioca Starch, Rice Flour, Mixed Seed (12%) (Sunflower, Linseed, Millet, Poppy), Potato Starch, Rapeseed Oil, Humectant (Vegetable Glycerol), Yeast, Treacle, Psyllium Husk, Stabiliser (Hydroxypropyl Methyl Cellulose), Free Range Dried **EGG** White, Maize Flour, Salt, Maize Starch, Rice Starch, Colour (Plain Caramel), Preservative (Calcium Propionate).

**EGG.**

**MAY CONTAIN SULPHUR AND CEREAL.**

**SIDES:**

Chips cooked in Rapeseed Oil.

**CHIPS:** Potato (90%), Sunflower Oil, Batter (5%) (Potato Starch, Rice Flour, Modified Potato Starch, Salt, Dextrin, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Thickener (Xanthan Gum), Paprika Extract, Turmeric Extract).

**CHEESY CHIPS:**

**CHIPS:** Potato (90%), Sunflower Oil, Batter (5%) (Potato Starch, Rice Flour, Modified Potato Starch, Salt, Dextrin, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Thickener (Xanthan Gum), Paprika Extract, Turmeric Extract).

**GRATED CHEDDAR CHEESE:** Mature grated cheese: (**MILK**), Anti- Caking agent (Potato Starch).

**MILK.**

**SIDE SALAD & COLESLAW:**

**SALAD**: Lettuce, Tomato, Cucumber, Beetroot.

**DRESSING:** Water, Rapeseed Oil, Acidity Regulator (Acetic Acid), Sugar, White Wine Vinegar (7%), Salt, Dijon **MUSTARD** (Water, **MUSTARD** Seeds, Spirit Vinegar, Salt), **MUSTARD** Seeds, Lemon Concentrate, Stabiliser (Xanthan Gum), Chives, Preservative (Potassium Sorbate), Black Pepper.

**MUSTARD.**

**COLESLAW:** Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip), Mayonnaise: Rapeseed Oil (65%), Water, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract).

**MAY CONTAIN SULPHITES.**

**LOADED CHIPS:**

**BEEF CHILLI CHIPS:** Beef mince, Brown Skin Onion, Mixed Peppers, Kidney Beans (Red Kidney Beans, Water, Calcium Chloride), Tinned Chopped Tomatoes (Tomatoes, tomato Juice, Acidity regulator (Citric Acid), Pizza Sauce (Tomatoes, Salt (0.5%), Acidity Regulator: Citric Acid), Tomato paste: (Tomato), Vegetable Stock: (Dextrose, Salt, Potato Starch, Dried Vegetables (11%) (Onion, Carrot, Leek, Lovage), Yeast Extract, Sunflower Oil, Parsley, Turmeric, Natural Flavouring, White Pepper. Gr. Cumin, Gr. Coriander, Smk. Paprika, Chilli Powder, Dried Oregano, Onion Powder, Garlic Powder, Salt, Pepper Gravy Browning (Colour Ammonia Caramel).

**CHIPS:** Potato (90%), Sunflower Oil, Batter (5%) (Potato Starch, Rice Flour, Modified Potato Starch, Salt, Dextrin, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Thickener (Xanthan Gum), Paprika Extract, Turmeric Extract).

**JALAPENOS:** Jalapeno Peppers, Water, Salt, Spirit Vinegar, Firming Agent (Calcium Chloride).

**2 BEAN CHILLI CHIPS:** Brown skin Onions, Fresh Garlic, Mixed Chillies, Mixed Bell Peppers, Butter beans: (Butter Beans, Water, Ascorbic Acid), Butter Beans: (Butter Beans, Water, Firming Agent (Calcium Chloride), Antioxidant (Sodium **METABISULPHITE**). Kidney Beans (Red Kidney Beans, Water, Calcium Chloride), Dried Red Lentils, Tinned Chopped Tomatoes (Tomatoes, tomato Juice, Acidity regulator (Citric Acid), Pizza Sauce (Tomatoes, Salt (0.5%), Acidity Regulator: Citric Acid), Tomato paste: (Tomato), Vegetable Stock: ( Dextrose, Salt, Potato Starch, Dried Vegetables (11%) (Onion, Carrot, Leek, Lovage), Yeast Extract, Sunflower Oil, Parsley, Turmeric, Natural Flavouring, White Pepper. Gr. Cumin, Gr. Coriander, Smoked Paprika, Chilli Powder, Dried Oregano, Onion Powder, Garlic Powder, Salt, Pepper Gravy Browning (Colour Ammonia Caramel).

**CHIPS:** Potato (90%), Sunflower Oil, Batter (5%) (Potato Starch, Rice Flour, Modified Potato Starch, Salt, Dextrin, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Thickener (Xanthan Gum), Paprika Extract, Turmeric Extract).

**JALAPENOS:** Jalapeno Peppers, Water, Salt, Spirit Vinegar, Firming Agent (Calcium Chloride).

**OPEN BURRITOS:**

**LAMB SWEET CHILLI & MINT YOGHURT:**

**TORTILLA WRAP: WHEAT** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Water, Palm Oil, Humectant (Glycerine), Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Rapeseed Oil, Acidity Regulators (Citric Acid, Malic Acid), Sugar, Preservatives (Potassium Sorbate, Calcium Propionate), Stabiliser (Sodium Carboxymethylcellulose), Emulsifier (Mono- and Di-Glycerides of Fatty Acids).

**SALAD:** Lettuce, Tomato, Cucumber.

**RICE:** Long Grain Rice.

**SMASHED AVOCADO:** Avocado (82%), Water, Red Bell Pepper, Jalapeno Puree, Salt, Sugar, Antioxidant (Ascorbic Acid), Onion Powder, Stabiliser (Xanthan Gum), Garlic Powder, Acidity Regulator (Citric Acid), Dehydrated Coriander.

**MOATWELL LAMB BURGER:** Minced Lamb, Rusk: (**WHEAT**), Salt, Onion, Antioxidants E331, E301, Mint Flavour Enhancer E621, Hydrolysed **SOYA**, Protein, Spice, Preservative E223 (**SULPHITE**, Garlic Powder, Spice Extract, Herb Extract).

**WHEAT, SULPHITE, SOYA.**

**ALTERNATIVE LAMB: PLEASE ASK WHICH ONE FOR ALLERGEN QUESTIONS.**

**MOATWELL LAMB SAUSAGE:** Rusk (Prepared From: **WHEAT** Flour: (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin) Salt. Raising Agent(E503), Spices (Cinnamon, Clove, Paprika, Red Chilli Pepper, Gr. Cumin, Gr. Coriander, Onion Powder, Garlic Powder), **WHEAT** Flour: (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin). Salt, Sugar, Herbs: (Oregano, Parsley), Yeast Extract, Stabiliser(E451), Flavourings. Preservative: (E223), Sunflower Oil, Antioxidant(E392).

**WHEAT** flour, water, sunflower grains, **RYE** flour, **OAT** grits, linseed, yeast, iodized salt, **WHEAT** flakes, coarse **RYE** grains, **WHEAT** bran, **SESAME**, **WHEAT** malt flour, **WHEAT** **GLUTEN**, dextrose, **BARLEY** malt extract, Kalamata Olives,

**WHEAT, SULPHITE, RYE, OAT, SESAME, BARLEY.**

**May contain traces of EGGS, MILK, NUTS, SOYA.**

**YOGHURT & MINT DRESSING:** Water, Rapeseed Oil, Pasteurised **EGG** Yolk (3.5%), Yogurt Powder (**MILK**) (2%), Modified Maize Starch, Acetic Acid, Salt, Lactic Acid, Mint (0.3%), Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid), **MUSTARD** Powder, Sweetener (Aspartame).

**EGG, MILK, MUSTARD.**

**SWEET CHILLI:** Water, Sugar, Modified Maize Starch, Bell Peppers, Dried Crushed Chillies (1%), Acidity Regulator (Acetic Acid), Salt, Garlic Purée, Tomato Paste, Preservative (Potassium Sorbate), Stabilisér (Xanthan Gum), Colour (Paprika Extract).

**OUMI BURGER:** **SUITABLE FOR VEGETARIANS.**

**TORTILLA WRAP: WHEAT** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Water, Palm Oil, Humectant (Glycerine), Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Rapeseed Oil, Acidity Regulators (Citric Acid, Malic Acid), Sugar, Preservatives (Potassium Sorbate, Calcium Propionate), Stabiliser (Sodium Carboxymethylcellulose), Emulsifier (Mono- and Di-Glycerides of Fatty Acids).

**SALAD:** Lettuce, Tomato, Cucumber.

**RICE:** Long Grain Rice.

**SMASHED AVOCADO:** Avocado (82%), Water, Red Bell Pepper, Jalapeno Puree, Salt, Sugar, Antioxidant (Ascorbic Acid), Onion Powder, Stabiliser (Xanthan Gum), Garlic Powder, Acidity Regulator (Citric Acid), Dehydrated Coriander.

**OUMI**: Pasteurized Cow's **Milk**, Salt, Calcium-Chloride, Microbial Rennet.

**SALSA:** Chopped Tomato (53%), Water, Spirit Vinegar, Onion (7%), Green Peppers (7%), Sugar, Tomato Paste (4%), Thickener (modified maize starch), Salt, Garlic Powder, Jalapeno, Oregano, cumin Powder, Black Pepper, Chilli Powder.

**BURGERS:**

**CHEESE & BACON BEEF BURGER:** Beef (90%), Onion, Red Pepper, Seasoning (Salt, Black Pepper), Worcestershire Sauce (Water, Acidity Regulator: Acetic Acid, Spirit Vinegar, Salt, Sugar, Garlic Powder, Colour: Ammonia Caramel, Cayenne Pepper, Herb and Spice Extracts: Cayenne Pepper, Cinnamon, Clove, Coriander, Ginger, Pimento, Garlic Extract; Flavouring).

**CHEESE:** Medium Cheddar Cheese (**MILK**).

**BACON:** Pork (86%), Water, Salt, Antioxidant (Sodium Ascorbate), Preservatives (Potassium Nitrate, Sodium Nitrite).

**BURGER ROLL: WHEAT** flour (Calcuim Carbonate, Iron, Thiamin, Niacin), Yeast, Sugar, Salt,Emulsifiers**:** (E47, E481), **SOYA** Flour, Vegetable Oil (Palm & Rapeseed), Deactivated Yeast.

**WHEAT, SOYA.**

**MAY CONTAIN: NUTS, WHEAT/ RYE, EGGS, MILK, SESAME.**

**CHIPS**: Potato (90%), Sunflower Oil, Batter (5%) (Potato Starch, Rice Flour, Modified Potato Starch, Salt, Dextrin, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Thickener (Xanthan Gum), Paprika Extract, Turmeric Extract).

**Chips cooked in rapeseed oil.**

**SALAD:** Lettuce, Tomato.

**COLESLAW:** Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip), Mayonnaise: Rapeseed Oil (65%), Water, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract).

**WHEAT, GLUTEN, MILK.**

**MAY CONTAIN SULPHITES.**

**BBQ CHICKEN & CHEESE-BURGER:**

**SOUTHERN FRIED CHICKEN FILLET:** Chicken Breast (62%), Water, Tapioca Starch, Salt, Modified Tapioca Starch, **WHEAT GLUTEN**, **WHEAT** Flour, Onion Powder, Natural Flavour, Garlic Powder, Spices (White Pepper, Black Pepper, Garlic, Onion, **CELERY** Seed, Oregano, Fennel), Yeast Extract, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Yellow Corn Flour, **WHEAT** Starch, Dry Yeast, Sugar, Paprika Extract, Turmeric Extract, Fully Refined Soya Bean Oil.

**WHEAT, CELERY.**

**BBQ SAUCE (House of Lords):** Water, Tomato Paste, Sugar, Glucose Syrup, Spirit Vinegar, Molasses, Salt, Modified Maize Starch, Colour: Plain Caramel, **MUSTARD** Flour, Spices, Smoked Water, Smoke Flavouring, Onion Powder, Preservative: Potassium Sorbate, Garlic Puree (Garlic, Acidity Regulator: Citric Acid), **CELERY**, Herbs, Clove Oil.

**CELERY, MUSTARD.**

**ALTERNATIVE BBQ SAUCE DUE STOCK ISSUE:**

**CHEF’S LARDER BBQ SAUCE:** Water, Sugar, Tomato Paste, Spirit Vinegar, Glucose Syrup, Malt Vinegar (**Barley**), Modified Maize Starch, Soy Sauce (Water, Salt, **SOYA** Beans, **WHEAT** Flour), Salt, Smoke Flavouring, Colour (Plain Caramel), Preservative (Potassium Sorbate), Garlic Powder, Onion Powder, Paprika, Nutmeg, Stabiliser (Xanthan Gum).

**SOYA, WHEAT.**

**CHEESE:** Medium Cheddar Cheese (**MILK**).

**BURGER ROLL: WHEAT** flour (Calcuim Carbonate, Iron, Thiamin, Niacin), Yeast, Sugar, Salt,Emulsifiers**:** (E47, E481), **SOYA** Flour, Vegetable Oil (Palm & Rapeseed), Deactivated Yeast.

**WHEAT, SOYA.**

**MAY CONTAIN: NUTS, WHEAT/ RYE, EGGS, MILK, SESAME.**

**CHIPS**: Potato (90%), Sunflower Oil, Batter (5%) (Potato Starch, Rice Flour, Modified Potato Starch, Salt, Dextrin, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Thickener (Xanthan Gum), Paprika Extract, Turmeric Extract).

**Chips cooked in rapeseed oil.**

**SALAD:** Lettuce, Tomato.

**COLESLAW:** Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip), Mayonnaise: Rapeseed Oil (65%), Water, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract).

**ADD BACON:** Pork (88%), water, salt, preservative: sodium nitrite.

**OUMI BURGER:** **SUITABLE FOR VEGETARIANS.**

**OUMI**: Pasteurized Cow's **Milk**, Salt, Calcium-Chloride, Microbial Rennet.

**BURGER ROLL: WHEAT** flour (Calcuim Carbonate, Iron, Thiamin, Niacin), Yeast, Sugar, Salt,Emulsifiers**:** (E47, E481), **SOYA** Flour, Vegetable Oil (Palm & Rapeseed), Deactivated Yeast.

**WHEAT, SOYA.**

**MAY CONTAIN: NUTS, WHEAT/ RYE, EGGS, MILK, SESAME.**

**WHEAT, GLUTEN, MILK.**

**MAY CONTAIN: EGGS, AND NUTS.**

**SWEET CHILLI:** Water, Sugar, Modified Maize Starch, Bell Peppers, Dried Crushed Chillies (1%), Acidity Regulator (Acetic Acid), Salt, Garlic Purée, Tomato Paste, Preservative (Potassium Sorbate), Stabilisér (Xanthan Gum), Colour (Paprika Extract).

**CHIPS**: Potato (90%), Sunflower Oil, Batter (5%) (Potato Starch, Rice Flour, Modified Potato Starch, Salt, Dextrin, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Thickener (Xanthan Gum), Paprika Extract, Turmeric Extract).

Chips cooked in rapeseed oil.

**SALAD:** Lettuce, Tomato.

**COLESLAW:** Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip), Mayonnaise: Rapeseed Oil (65%), Water, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract).

**ADD CHEESE:** Cheese (Medium Cheddar Cheese (**MILK**).

**ADD BACON:** Pork (88%), water, salt, preservative: sodium nitrite. (NOT VEGETARIAN).

**CURRIES:**

**BALTI:**

**RICE:** Long Grain Rice.

**SALAD GARNISH:** Tomato, Cucumber.

**BAKED EARTH LARGE FOLDED NAAN: WHEAT** Flour (Fortified with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Raising Agents (Monocalcium Phosphates, Sodium Bicarbonate), Yeast, Salt, Kalonji Seeds (0.5%), Dextrose.

**WHEAT.**

**MANGO CHUTNEY:** Sugar, Mango Slices, Sugar Cane Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder.

**CRISP ONIONS:** Onions 76%, Palm Oil, **WHEAT** Flour, Salt.

**WHEAT.**

**MARINATED CHICKEN BALTI:** Chicken, Tumeric,Water, Chopped Tomato, Onion, Tomato Paste, Rapeseed Oil, Lemon Juice, Green Peppers, Red Peppers, Sugar, Thickener (Modified Maize Starch), Garlic Powder, Coriander Powder, Ginger, Salt, Cumin Powder, Smoked Paprika, Turmeric, Lactic Acid, Onion Powder, Coriander Leaf, Chilli Powder, Cinnamon, Cardamom, Fenugreek, Black Pepper, Cumin Seed, Fennel, Nutmeg, Clove. Red Pepper (60%), Water, Salt, Acidity Regulator: Citric Acid. Leaf spinach (100%).

**GLUTEN FREE CAULIFLOWER SPICED BITES:** Cauliflower (66%), Gluten-Free Breadcrumbs (8%) (Rice Flour, Gram Flour, Quinoa (20%), Maize Flour, Quinoa Flour, Maize Starch, Salt, Dried Glucose Syrup, Rapeseed Oil, Emulsifier (Mono- and Diglycerides of Fatty Acids), Maize Dextrose), Sunflower Oil, Water, Rapeseed Oil, Rice Flour, Maize Flour, Maize Starch, Sugar, Salt, Spices (Cumin, Turmeric, Ginger, Cayenne Pepper, Cinnamon, Fennel, Black Pepper, Cardamom), Paprika Powder, Raising Agents (Diphosphates, Sodium Carbonates), Maize Dextrose, Stabiliser (Xanthan Gum).

**BEARS KIOSK:**

**HOT DOG: Gourmet Hot Dog (Big Al’s) From Creed.**

**Hot Dog:** Pork (87%), Water, Salt, Dextrose, Spices, Stabilizers (Di and Tri-Sodium Phosphate), Spice Extract, Antioxidants: L-Ascorbic Acid, Sodium L-Ascorbate, Preservative (Sodium Nitrate).

**Hot Dog Bun: WHEAT** Flour, Water, Sugar, Sunflower Oil, Salt, Yeast, Dextrose, Emulsifier (Mono and Diacetyltartaric Acid Esters of Mono and Diglycerides of Fatty Acids), Malted **BARLEY** Flour, Acidity Regulator (Sodium Acetate), Flavouring

**WHEAT, BARLEY, GLUTEN.**

**May contain traces of MILK and SESAME SEEDS**

**ALTERNATIVE HOT DOG BUN, PRETZEL SUB ROLL:**

**WHEAT** Flour, Water, Rapeseed Oil, Salt, Yeast, **WHEAT** Gluten, Flour Treatment Agent Ascorbic Acid, Coating Agent (Acidity Regulator Sodium Hydroxide).

**WHEAT, GLUTEN.**

**BEEF BURGER:** Beef (90%), Onion, Red Pepper, Seasoning (Salt, Black Pepper), Worcestershire Sauce (Water, Acidity Regulator: Acetic Acid, Spirit Vinegar, Salt, Sugar, Garlic Powder, Colour: Ammonia Caramel, Cayenne Pepper, Herb and Spice Extracts: Cayenne Pepper, Cinnamon, Clove, Coriander, Ginger, Pimento, Garlic Extract; Flavouring).

**ADD CHEESE:** Cheese (Medium Cheddar Cheese (**MILK**)

**BURGER ROLL**: **WHEAT** flour (Calcuim Carbonate, Iron, Thiamin, Niacin), Yeast, Sugar, Salt,Emulsifiers**:** (E47, E481), **SOYA** Flour, Vegetable Oil (Palm & Rapeseed), Deactivated Yeast.

**MAY CONTAIN: NUTS, WHEAT/ RYE, EGGS, MILK, SESAME.**

**CHIPS**: Potato (90%), Sunflower Oil, Batter (5%) (Potato Starch, Rice Flour, Modified Potato Starch, Salt, Dextrin, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Thickener (Xanthan Gum), Paprika Extract, Turmeric Extract).

**ADD CHEESE:** Cheese (Medium Cheddar Cheese (**MILK**).

**BEARS:**

**Chips cooked in Rapeseed Oil.**

**CHIPS**: Potato (90%), Sunflower Oil, Batter (5%) (Potato Starch, Rice Flour, Modified Potato Starch, Salt, Dextrin, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Thickener (Xanthan Gum), Paprika Extract, Turmeric Extract).

**CHEESY CHIPS:** Grated Cheddar Cheese (Mature grated cheese, **MILK**, Anti- Caking agent (Potato Starch)).

**MILK.**

**BURGER LOADED CHIPS:**

**Red Tractor Assured Steak Burger - 113g/4oz FROM CREED**:

(Beef (92.5%), Seasoning (7.5%) (Gluten free rusk, (Dehydrated Potato Granules, Rice Flour, Salt, Dextrose), Potato Starch, Salt, Rice Flour, Hydrolysed Vegetable Protein, Dried Onion, Spices, Emulsifier, (E 450 (i)), Preservative Sodium **SULPHITE** (E 221), Antioxidants (E 300, E 330), Spice Extracts, Herb Extracts).

**PICKLED CUCUMBER:** Cucumber, Red Onion, Sea salt, Cider Vinegar: (100% Apple Cider Vinegar (**SULPHITES**). Sugar, **MUSTARD** seeds, Gr. Tumeric, Gr. Cinnamon, Gr. Paprika.

**SULPHITE, MUSTARD.**

**GRATED CHEDDAR CHEESE:** (Mature grated cheese, **MILK**, Anti- Caking agent (Potato Starch)).

**MILK.**

**HOT DOG LOADED CHIPS:**

**CHEF’S LARDER JUMBO FRANKFURTERS** **FROM BOOKERS:** (Pork (70%), Water, Seasoning (Potato Starch, Sugar, Black Pepper, Onion, Paprika, Antioxidant (Ascorbic Acid)), Antioxidant (Potassium Lactate), Pork Fat, Salt, Stabiliser (Diphosphates), Preservative (Sodium Nitrite), Beechwood Smoke Aroma (Smoke Flavouring), Filled into natural pork casings).

**CHEF’S LARDER TOMATO KETCHUP 1 LITRE:** (Water, Tomato Paste (13%), Sugar, Spirit Vinegar, Modified Maize Starch, Salt, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate), Sweetener (Sodium Saccharin), Garlic Powder, Spice Extract (Mace, Allspice, Nutmeg, Cinnamon), Flavouring, Clove Oil).

**CHEF’S LARDER MILD MUSTARD 1 LITRE:** (Water, Spirit Vinegar, **MUSTARD** Powder (6%), Modified Potato Starch, Salt, Turmeric, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Paprika, Colour (Lutein), Sweetener (Sucralose).

**KTC CRISPY FRIED ONIONS:** (Onions 76%, Palm Oil, **WHEAT** Flour, Salt).

**MUSTARD, WHEAT.**

**HOT DOG & BURGERS:**

**THE ORIGINAL HOTDOG: Chef's Larder Jumbo Frankfurters FROM BOOKERS:** (Pork (70%), Water, Seasoning (Potato Starch, Sugar, Black Pepper, Onion, Paprika, Antioxidant (Ascorbic Acid)), Antioxidant (Potassium Lactate), Pork Fat, Salt, Stabiliser (Diphosphates), Preservative (Sodium Nitrite), Beechwood Smoke Aroma (Smoke Flavouring), Filled into natural pork casings).

**BREAD**: **WHEAT** Flour: (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Salt, Emulsifiers: (E47, E481) **SOYA** Flour.

**WHEAT, SOYA.**

**MAY CONTAIN: NUTS, WHEAT/ RYE, EGGS, MILK, SESAME.**

**CHEF’S LARDER TOMATO KETCHUP 1 LITRE**: (Water, Tomato Paste (13%), Sugar, Spirit Vinegar, Modified Maize Starch, Salt, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate), Sweetener (Sodium Saccharin), Garlic Powder, Spice Extract (Mace, Allspice, Nutmeg, Cinnamon), Flavouring, Clove Oil).

**CHEF’S LARDER MILD MUSTARD 1 LITRE:** (Water, Spirit Vinegar, **MUSTARD** Powder (6%), Modified Potato Starch, Salt, Turmeric, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Paprika, Colour (Lutein), Sweetener (Sucralose).

**MUSTARD.**

**KTC CRISPY FRIED ONIONS:** (Onions 76%, Palm Oil, **WHEAT** Flour, Salt).

**WHEAT, SOYA, MUSTARD.**

**“HOT DOG” FIRECRACKER, GARLIC MAYO.** **Chef's Larder Jumbo Frankfurters FROM BOOKERS:** (Pork (70%), Water, Seasoning (Potato Starch, Sugar, Black Pepper, Onion, Paprika, Antioxidant (Ascorbic Acid)), Antioxidant (Potassium Lactate), Pork Fat, Salt, Stabiliser (Diphosphates), Preservative (Sodium Nitrite), Beechwood Smoke Aroma (Smoke Flavouring), Filled into natural pork casings).

**BREAD:** **WHEAT** Flour: (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Salt, Emulsifiers: (E47, E481) **SOYA** Flour.

**HEINZ FIRECRACKER SAUCE:** (Spirit Vinegar, Water, Concentrated Tomato Puree (17%), Sugar, Date Puree, Chipotle Paste (5% Tomato Puree, Smoked Jalapeno Peppers, Water, Onion, Spirit Vinegar, Sugar, Peppers, Salt, Garlic, Spices, Parsley, Spice Extract), Modified Starch, Salt, Concentrated Apple Juice, Chilli Powder, Smoke Flavouring, Spice, Garlic Powder, Onion Powder, Preservative (Potassium Sorbate), Spice Extract). Chef's Larder

**GARLIC MAYONNAISE 1 LITRE:** (Water, Rapeseed Oil, Modified Potato Starch, Garlic Powder (3%), Sugar, Spirit Vinegar, Pasteurised **EGG** Yolk Powder, Salt, Acidity Regulator (Acetic Acid), Preservative (Potassium Sorbate), Onion Powder, Stabiliser (Xanthan Gum), **MUSTARD** Flour).

**KTC CRISPY FRIED ONIONS:** (Onions 76%, Palm Oil, **WHEAT** Flour, Salt).

**WHEAT, SOYA, EGG, MUSTARD.**

**DOUBLE CHEESEBURGER: Red Tractor Assured Steak Burger - 113g/4oz FROM CREED:** (Beef (92.5%), Seasoning (7.5%) (Gluten free rusk, (Dehydrated Potato Granules, Rice Flour, Salt, Dextrose), Potato Starch, Salt, Rice Flour, Hydrolysed Vegetable Protein, Dried Onion, Spices, Emulsifier, (E 450 (i)), Preservative Sodium **SULPHITE** (E 221), Antioxidants (E 300, E 330), Spice Extracts, Herb Extracts).

**SULPHITE.**

**PICKLED CUCUMBER**: Cucumber, Red Onion, Sea salt, Cider Vinegar: (100% Apple Cider Vinegar (**SULPHITES**). Sugar, **MUSTARD** seeds, Gr. Tumeric, Gr. Cinnamon, Gr. Paprika.

**SULPHITE, MUSTARD.**

**CHEESE:** Medium Cheddar Cheese (**MILK**).

**MILK.**

**BURGER ROLL: WHEAT** flour (Calcuim Carbonate, Iron, Thiamin, Niacin), Yeast, Sugar, Salt, Emulsifiers: (E47, E481), **SOYA** Flour, Vegetable Oil (Palm & Rapeseed), Deactivated Yeast.

**WHEAT, SOYA.**

**MAY CONTAIN: NUTS, WHEAT/ RYE, EGGS, MILK, SESAME.**

**SALAD:** Lettuce, Sliced Red Onion.

**CHEESE & BACON BURGER: Red Tractor Assured Steak Burger - 113g/4oz FROM CREED: (Beef** (92.5%), Seasoning (7.5%) (Gluten free rusk, (Dehydrated Potato Granules, Rice Flour, Salt, Dextrose), Potato Starch, Salt, Rice Flour, Hydrolysed Vegetable Protein, Dried Onion, Spices, Emulsifier, (E 450 (i)), Preservative Sodium **SULPHITE** (E 221), Antioxidants (E 300, E 330), Spice Extracts, Herb Extracts).

**SULPHITE.**

**BACON:** (Pork (88%), Water, Salt, Preservative: Sodium Nitrite).

**CHEESE:** Medium Cheddar Cheese (**MILK**).

**MILK.**

**BURGER ROLL: WHEAT** flour (Calcuim Carbonate, Iron, Thiamin, Niacin), Yeast, Sugar, Salt, Emulsifiers: (E47, E481), **SOYA** Flour, Vegetable Oil (Palm & Rapeseed), Deactivated Yeast.

**WHEAT, SOYA.**

**MAY CONTAIN: NUTS, WHEAT/ RYE, EGGS, MILK, SESAME.**

**SALAD:** Lettuce, Sliced Red Onion.

**SALSA:** Chopped Tomato (53%), Water, Spirit Vinegar, Onion (7%), Green Peppers (7%), Sugar, Tomato Paste (4%), Thickener (Modified Maize Starch), Salt, Garlic Powder, Jalapeno, Oregano, Cumin Powder, Black Pepper, Chilli Powder.

**MUSTARD: CHEF’S LARDER MILD MUSTARD 1 LITRE:** (Water, Spirit Vinegar, **MUSTARD** Powder (6%), Modified Potato Starch, Salt, Turmeric, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Paprika, Colour (Lutein), Sweetener (Sucralose).

**MUSTARD.**

**CHIP SHOP CHICKEN CURRY CHIPS:** Maize Starch, **WHEAT** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Maltodextrin, Salt, Palm Fat, Onion Powder, Ground Cumin, Rapeseed Oil, Textured Soya Protein, Sugar, Coriander, Flavour Enhancer (Disodium 5'-Ribonucleotides), Fructose, Modified Maize Starch, Flavourings, Black Pepper, Acids (Citric Acid, Malic Acid), Anticaking Agents (Magnesium Carbonate, Tricalcium Phosphate), Tomato Powder, Fenugreek, Chilli Pepper, Cardamom, Antioxidant (Rosemary Extract), Paprika, Chilli Powder, Turmeric Extract, Cumin, Oregano, Garlic. Cooked Chicken: (Chicken Breast Fillet, Water, Salt, Made using 105g of Raw Chicken per 100g of finished product). Mango Mayo: (Sugar, Mango (46%), Salt, Acidity Regulator (Acetic Acid) Ground Chillies, Ground Ginger, Mayonnaise: (Rapeseed Oil (65%), Water, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract)).

**BITTERSWEET CHIPS:** Sweet & Sour Sauce: (Water, Sugar, Spirit Vinegar, Concentrated Pineapple Juice (6%), Modified Maize Starch, Tomato Paste (4%), Salt, Garlic Purée, Ginger Purée, Preservative (Potassium Sorbate), Colour (Paprika Extract), Acidity Regulator (Citric Acid), Chilli Powder). Pineapple Tinned: (Pineapple, Water, Sugar, Acidity Regulator (Citric Acid). Grilled Mixed Vegetables: (Peppers 33.3% Courgettes 33.3% Aubergines 33.3%).

**PIZZAS:**

**MARGHERITA:**

**BASE: WHEAT** Flour, Water, Yeast, Rapeseed Oil, Salt, Dextrose.

**SAUCE:** Tomatoes, Salt (0.5%), Acidity Regulator: Citric Acid

**CHEESE:** Grated Mozzarella (70%), Cheddar (30%), (**MILK**), Anti-Caking Agent (Potato Starch)**.**

**WHEAT, MILK**

**PEPPERONI Creed**

**BASE: WHEAT** Flour, Water, Yeast, Rapeseed Oil, Salt, Dextrose

**SAUCE:** Tomatoes, Salt (0.5%), Acidity Regulator: Citric Acid.

**CHEESE:** Grated Mozzarella (70%), Cheddar (30%) (MILK), Anti-Caking Agent (Potato Starch).

**PEPPERONI:** Pork Meat, Fat, Iodised Salt, Dextrose, Glucose Syrup, Spices, Spice Extract, Chilli, Antioxidants (E300/E301), Preservative (E250), Smoke.

**WHEAT, MILK**

**PIZZA BASES ARE SUITABLE FOR VEGETARIANS AND VEGANS, TOPPINGS WILL NEED TO BE ADJUSTED.**

**PASTRIES:**

**PAINS AU CHOCOLATE: Delice De France**

**WHEAT** Flour, 21% Butter (**MILK**), Water, 9% Chocolate (sugar, cocoa mass, cocoa butter, emulsifier E322 (**SOYA**), natural vanilla flavouring), Yeast, Sugar, Pasteurised Whole **EGG**, Salt, **WHEAT** **GLUTEN**, Enzymes, Flour Treatment Agent E300, **EGG** wash (**EGG**, water).

**WHEAT, GLUTEN, EGG, SOYA, MILK.**

**May contain: NUTS, SESAME SEEDS.**

**CROISSANT: Delice De France**

|  |
| --- |
| **WHEAT** Flour, Butter (**MILK**) 23%, Water, Yeast, Sugar, **EGGS**, Salt, **WHEAT** **GLUTEN**, Enzymes (amylases, hemicellulases), Flour Treatment Agent (E300), **EGG** Wash (**EGGS**, water) |

**WHEAT, GLUTEN, EGG, MILK.**

**MAY CONTAIN: NUTS,** **SOYA** **and SESAME SEEDS.**

**CHOCOLATE CHIP TWISTS: Delice De France**

|  |
| --- |
| Water, **WHEAT** Flour, 17% Chocolate Chips (sugar, cocoa mass, cocoa butter, fat-reduced cocoa, Emulsifier E322 (**SOYA**), Natural Flavouring), 12% Finer Butter (**MILK**), Sugar, **EGG**, Yeast, Modified Starch, Whole **MILK** Powder, Salt, Whey Powder (**MILK**),  |

**WHEAT, GLUTEN, EGG, MILK, SOYA**

**MAY CONTAIN: NUTS** **and SESAME SEEDS.**

**FARM SHOP BREAD:**

**GRAIN TWIST: WHEAT** Flour, Water, Sunflower Grains, **RYE** Flour, **OAT** Grits, Linseed, Yeast, Iodized Salt, **WHEAT** Flakes, Coarse **RYE** Grains, **WHEAT** Bran, **SESAME**, **WHEAT** Malt Flour, **WHEAT GLUTEN**, Dextrose, **BARLEY** Malt Extract.

**WHEAT, GLUTEN, RYE, OAT, SESAME.**

**MAY CONTAIN: EGG, MILK, NUTS, SOYA.**

**KALAMATA OLIVE: WHEAT** Flour, Water, 10% Kalamata Olives, **RYE** Sourdough (water, **RYE** flour), Iodised Salt, Yeast, **WHEAT** Fibre, Malted **WHEAT** Flour, Salt, Vinegar.

**WHEAT, GLUTEN, RYE.**

**MAY CONTAIN: NUTS, SESAME, SOYA.**

**BALTIC LOAF:**  **WHEAT** Flour, Water, **WHEAT** Sourdough (16,7%) (**WHEAT** Flour, Water, iodized salt), Yeast, **RYE** Flour, Iodized Salt.

**WHEAT, GLUTEN, RYE.**

**MAY CONTAIN: EGG, MILK, NUTS, SESAME, SOYA.**

**DIP SAUCES:**

**BBQ MUSTARD: MUSTARD** (25%) (Water, Spirit Vinegar, **MUSTARD** Seeds, Salt, Spice, Caramel Sugar, Natural Flavouring), Vinegars (Cider, Spirit), Sugar, Water, Rapeseed Oil, Dark Brown Sugar, Modified Starch, Apple Concentrate, Salt, Fibre (Citrus, Psyllium, Acacia), Spices, Preservative: Potassium Sorbate, Stabiliser: Xanthan Gum, Colour: Paprika.

**MUSTARD.**

**TANGY TOMATO:** Water, Tomatoes (23%), Sugar, Spirit Vinegar, Acidity Regulator: Acetic Acid, Modified Starch, Salt, Spices (**MUSTARD**), Preservative: Potassium Sorbate, Stabiliser: Xanthan Gum.

**MUSTARD.**

**MARVELOUS MAYO:** Rapeseed Oil (70%), Water, Spirit Vinegar, Sugar, Salt, Modified Waxy Maize Starch, Stabiliser: Xanthan Gum, Flavouring, Colour: Carotene, Antioxidant: Calcium Disodium (EDTA).

**GARLIC MAYO:** Rapeseed Oil, Water, Spirit Vinegar, Sugar, Salt, Modified Maize Starch, Garlic, Stabiliser: Xanthan Gum, Parsley, Flavouring, Colour: Carotene, Antioxidant: Calcium Disodium (EDTA).

**CHIPOTLE BBQ:** Water, Sugar, Acidity Regulator: Acetic Acid, Tomatoes (11%), Modified Starch, Salt, Malt Vinegar (**BARLEY**), Worcester Sauce (Malt Vinegar (**BARLEY**), Water, Spirit Vinegar, Tamarind Extract, Sugar, Molasses, Colour: Caramel, Onion Powder, Garlic Powder, White Pepper, Cloves, Paprika); Onion, Chipotle Chillies (1%), Lime Concentrate, Colour: Caramel, Spices, Smoke Flavouring, Stabilisers: Xanthan Gum & Guar Gum, Preservative: Potassium Sorbate.

**BARLEY.**

**SWEET CHILLI:** Water, Sugar, Acidity Regulator: Acetic Acid, Tomatoes, Modified Starch, Garlic Puree (Garlic Puree, Acidity Regulator: Citric Acid), Onion, Salt, Chillies (>2%), Stabiliser: Xanthan Gum, Antioxidant: Ascorbic Acid, Preservative: Potassium Sorbate, Ginger Puree (2.5%) (Ginger, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate), Colour: Paprika, Spices.

**MINI MARKET:**

**BEER & CHEEDAR CHEESE SOUP:** Onions, Garlic, Potato, Butter: (**MILK**), **WHEAT** Flour: (Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Stock: (Dextrose, Salt, Potato Starch, Dried Vegetables (11%) (Onion, Carrot, Leek, Lovage), Yeast Extract, Sunflower Oil, Parsley, Turmeric, Natural Flavouring, White Pepper. Cheddar Cheese: (**MILK**), Potato Starch, **MUSTARD**: (Water, **MUSTARD** Seeds 11%, Spirit Vinegar, Salt, Thickener (Modified Starch), Sugar, Spices, Preservatives (Potassium Sorbate, Sodium Benzoate), Colour (Lutein), Sweetener (Sucralose). Lea & Perrins: (Malt Vinegar (from **BARLEY**), Spirit Vinegar, Molasses, Sugar, Salt, Anchovies (**FISH**), Tamarind Extract, Onions, Garlic, Spice, Flavourings). Marston's Pedigree Amber Ale Beer.

**MILK, WHEAT, MUSTARD, BARLEY, FISH.**

**CHEESE & MARMITE BREAD: WHEAT** Flour: (Calcium Carbonate, Iron, Niacin, Thiamin). Olive Oil, Yeast, Extraxt, Salt, Vegetable Extract, Spice Extracts: (Contains: **CELERY**), Mature Cheese: (Potato Starch), Sugar, Salt Emulsifiers (E471, E481), **SOYA** Flour, Vegetable Oil: (Palm, Rapeseed), Deactivted Yeast.

**CURRYWURST STYLE HOT DOG:**

**MOATWELL FARM SAUSAGE:** Pork, Rice Flour, Salt, Hydroxypropyl Methyl Cellulose E464, Spice Extracts (Pepper, Nutmeg, Coriander, Cayenne, Paprika), Dextrose, Stabilisers: Sodium Tripolyphosphate E451, Sodium Diphosphate EA50; Preservative Sodium **SULPHITE** E221; Flavour Enhancer: Monosodium Glutamate E621; Ground Spices (White Pepper, Ginger), Sage Extract, Colour: E120; Propylene Glycol.

**TORPEDO ROLL:** **WHEAT** FLOUR: (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Salt, Emulsifiers: (E47, E481) **SOYA** Flour.

**CURRYWURST SAUCE:** Sliced Onions, Garlic, Tomato Ketchup: (Water, Tomato Paste (13%), Sugar, Spirit Vinegar, Modified Maize Starch, Salt, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate), Spices, Sweetener (Sodium Saccharin), Clove Oil). Curry Powder: (Coriander, Turmeric (23.5%), **MUSTARD**, Cumin, Chickpea, Chilli, (5%), Salt, Fennel, Fenugreek, Green Cardamom, Garlic (2.1%), Black pepper (2.1%), Cloves), Brown Sugar), Smoked Paprika, Crushed Chilli Flakes.

**SIRCHER THE SAURKRAUT:** White Cabbage, Rock Sea Salt.

**CRISPY ONIONS:** Onions 76%, Palm Oil, **WHEAT** Flour, Salt.

**SULPHITE, SOYA, MUSTARD, WHEAT.**

**VEGAN SAUSAGE VERSION:** Richmond Meat Free Sausages: (Water, Rehydrated Textured **SOYA** and **WHEAT** Protein (15%) (Water, **SOYA** Protein, **WHEAT** Protein, Salt, **SOYA** Bean Oil, Natural Flavouring), Rusk (**WHEAT**), Stabilisers: Sodium Alginate, Guar Gum, Methyl Cellulose, Coconut Oil, **SOYA** Protein, **WHEAT** Starch, Flavourings, Salt, Potato Fibre, Yeast Extract, Colouring Foods: Beetroot, Safflower, Herbs, Spices, Black Pepper Extract, Capsicum Extract, Coriander Extract, Ginger Extract, Mace Extract, Nutmeg Extract).

**SOYA, WHEAT.**

**LUXURY HOT CHOCOLATE WITH STOLLEN:**

**LUXURY HOT CHOCOLATE:** Sugar, Cocoa Powder, Acidity Regulator (Potassium Carbonates), Flavouring, Cocoa Solids: 25 % minimum, **MILK**, DARK CHOCOLATE: (Cocoa Mass (46%), Sugar, Cocoa Butter (11.5%), Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavouring. Cocoa Solids Minimum 56%. WHIPPED CREAM: (Cream (97%) (**MILK**), Sugar (3%), Emulsifier (Lactic Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Stabiliser (Carrageenan), Natural Vanilla Flavouring, Propellant Gas (Nitrous Oxide), Butter**MILK** (68%), Vegetable Oil (Fully Hydrogenated Palm Oil, Coconut Oil, Palm) (30%), Modified Corn Starch, Emulsifiers (Sucrose Esters of Fatty Acids, Mono and Diglycerides of Fatty Acids), **SOYA** Lecithin, Butter**MILK** Powder, Thickeners (Guar Gum, Locust Bean Gum) CHOCOLATE SHAVINGS: (**MILK**, Sugar, Cocoa Mass, Cocoa Butter, Whey Permeate Powder (from **MILK**), Vegetable Fats (Palm, Shea), Whole **MILK** Powder, Emulsifiers (E442, E476), Flavourings, Milk Solids 14% minimum, Cocoa Solids 25% minimum, Contains Vegetable Fats in addition to Cocoa Butter).

**SOYA, MILK.**

**GLUTEN FREE STOLLEN:** Sultanas (18%)(Sultanas, Sunflower Oil), Gluten Free Flour (Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Raising Agents (Mono-Calcium Phosphate, Sodium Bicarbonate), Thickener (Xanthan Gum)), **EGG**, Butter (**MILK**, Salt), Sugar, Marmalade (Glucose Fructose Syrup, Oranges, Sugar, Gelling Agent (Pectin), Orange Juice From Concentrate, Acid (Citric Acid), Acidity Regulator (Sodium Citrate)), Marzipan (7.5%)(Sugar, **ALMONDS** (25%), Glucose Syrup, Water, Invert Sugar Syrup, Humectant (Sorbitol), Preservative (Potassium Sorbate)), Apricot Jam (Glucose Syrup, Apricot Puree, Sugar, Gelling Agent (Pectin), Acidity Regulators (Citric Acid, Trisodium Citrate), Natural Flavour, Colour (Mixed Carotenes), Preservative (Potassium Sorbate)), Sunflower Oil, Water, Flaked **ALMONDS** (1%), Almond Flavouring (Water, Sunflower Oil, Thickener (Xanthan Gum), Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate)), Cassia Cinnamon, Xanthan Gum.

**EGG, MILK, ALMONDS.**

**SPECIALS:**

**FESTIVE SPECIALS:**

**BACON, BRIE & CRANBERRY TOASTIE:**

**PLEASE ASK WHICH BREAD WE HAVE IN STOCK:**

**BREAD**: **WHEAT** FLOUR: (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, **WHEAT** Sourdough Sea Salt **RYE** Flour, Vitamin C. MARAGRINE: (Water, Rapeseed Oil, Palm Oil, Salt (1.38%), Stabiliser (Sodium Alginate), Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Polyricinoleate), Acidity Regulator (Citric Acid), Flavouring, Colour (Annatto Bixin, Curcumin), Vitamin A, Vitamin D). Vegetable oils (rape), Thickener (Carnauba wax), Emulsifier (Lecithin (sunflower)), Propellant (Propane, butane, isobutane).

**WHEAT, RYE.**

**MAY CONTAIN: NUTS, EGGS, MILK, SESAME, SOYA.**

**ALTERNATIVE BREAD:**

**3 SEEDED WHOLEMEAL SLICED BREAD:** **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sunflower Seed, **SESAME** Seed, poppy Seed, Yeast, Sea Salt, **RYE** Flour, Vitamin C.

**WHEAT, RYE, SESAME.**

**MAY CONTAIN: NUTS, EGGS, MILK, SOYA.**

**RELEASE SPRAY:** Vegetable oils (rape), Thickener (Carnauba wax), Emulsifier (Lecithin (sunflower)), Propellant (Propane, butane, isobutane).

**Margarine:** Water, Rapeseed Oil, Palm Oil, Salt (1.38%), Stabiliser (Sodium Alginate), Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Polyricinoleate), Acidity Regulator (Citric Acid), Flavouring, Colour (Annatto Bixin, Curcumin), Vitamin A, Vitamin D.

**BACON:** (Pork (88%), Water, Salt, Preservative: Sodium Nitrite).

**BRIE:** Pasteurised **MILK**, Salt, **Starters (NOT A VEGETARIAN CHEESE).**

**MILK.**

**CRANBERRY SAUCE:** Cranberries (40%), Glucose-Fructose Syrup, Water, Sugar, Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator (Trisodium Citrate), Preservative (Potassium Sorbate).

**CURRYWURST LOADED CHIPS:**

**ALTERNATIVE SAUSAGE: PLEASE ASK WHICH ONE FOR ALLERGEN QUESTIONS.**

**BRATWURST:** Pork (70%), Water, Seasoning (Potato Starch, Sugar, Garlic Powder, Onion, Marjoram, Cumin, Black Pepper, Antioxidant (Ascorbic Acid), Paprika), Antioxidant (Potassium Lactate), Salt, Stabiliser (Diphosphates), Preservative (Sodium Nitrite), Beechwood Smoke Aroma (Smoke Flavouring), Filled into natural pork casings.

**FRANKFURTERS:** Pork (70%), Water, Seasoning (Potato Starch, Sugar, Black Pepper, Onion, Paprika, Antioxidant (Ascorbic Acid)), Antioxidant (Potassium Lactate), Pork Fat, Salt, Stabiliser (Diphosphates), Preservative (Sodium Nitrite), Beechwood Smoke Aroma (Smoke Flavouring), Filled into natural pork casings.

**MOATWELL FARM SAUSAGE:** Pork, Rice Flour, Salt, Hydroxypropyl Methyl Cellulose E464, Spice Extracts (Pepper, Nutmeg, Coriander, Cayenne, Paprika), Dextrose, Stabilisers: Sodium Tripolyphosphate E451, Sodium Diphosphate EA50; Preservative Sodium **SULPHITE** E221; Flavour Enhancer: Monosodium Glutamate E621; Ground Spices (White Pepper, Ginger), Sage Extract, Colour: E120; Propylene Glycol.

**SULPHITE.**

**CHIPS:** Potato (90%), Sunflower Oil, Batter (5%) (Potato Starch, Rice Flour, Modified Potato Starch, Salt, Dextrin, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Thickener (Xanthan Gum), Paprika Extract, Turmeric Extract).

**CURRYWURST SAUCE:** Sliced Onions, Garlic, Tomato Ketchup: (Water, Tomato Paste (13%), Sugar, Spirit Vinegar, Modified Maize Starch, Salt, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate), Spices, Sweetener (Sodium Saccharin), Clove Oil). Curry Powder: (Coriander, Turmeric (23.5%), **MUSTARD**, Cumin, Chickpea, Chilli, (5%), Salt, Fennel, Fenugreek, Green Cardamom, Garlic (2.1%), Black pepper (2.1%), Cloves), Brown Sugar), Smoked Paprika, Crushed Chilli Flakes.

**MUSTARD.**

**KETCHUP DOES NOT SAY IT IS GLUTEN FREE.**

**SIRCHER THE SAURKRAUT:** White Cabbage, Rock Sea Salt.

**MUSHROOM BURGER & CHIPS:**

**BURGER ROLL: WHEAT** flour (Calcuim Carbonate, Iron, Thiamin, Niacin), Yeast, Sugar, Salt,Emulsifiers**:** (E47, E481), **SOYA** Flour, Vegetable Oil (Palm & Rapeseed), Deactivated Yeast.

**WHEAT, SOYA.**

**MAY CONTAIN: NUTS, WHEAT/ RYE, EGGS, MILK, SESAME.**

**CHIPS**: Potato (90%), Sunflower Oil, Batter (5%) (Potato Starch, Rice Flour, Modified Potato Starch, Salt, Dextrin, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Thickener (Xanthan Gum), Paprika Extract, Turmeric Extract).

**Chips cooked in rapeseed oil.**

**FIELD MUSHROOM:** Field Mushroom, Water, **SOYBEANS**, Salt, Spirit vinegar.

**SOYA.**

**STUFFING:** Rusk, Dried Onion (15%), Sage (3.5%), Vegetable Suet, Salt, Raising Agent (Sodium Bicarbonate), Parsley, Colour (Malt Extract (**BARLEY**)), Rusk contains: **WHEAT** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Salt, Raising Agent (Ammonium Bicarbonate), Vegetable Suet contains: Palm Oil, **WHEAT** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Sunflower Oil.

**APPLE SLAW:** Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip), Mayonnaise: Rapeseed Oil (65%), Water, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract). FRENCH DRESSING:Water, Rapeseed Oil, Acidity Regulator (Acetic Acid), Sugar, White Wine Vinegar (7%), Salt, Dijon **MUSTARD** (Water, **MUSTARD** Seeds, Spirit Vinegar, Salt), **MUSTARD** Seeds, Lemon Concentrate, Stabiliser (Xanthan Gum), Chives, Preservative (Potassium Sorbate), Black Pepper.

**MUSTARD.**

**SALAD:** Lettuce, Tomato.

**MILKSHAKES:**

**STANDARD MILKSHAKE:**

**SEMI-SKIMMED MILK: MILK**

**SHMOO CHOCOLATE MILKSHAKE MIX:** Sugar, Fructose, Fat Reduced Cocoa Powder (7%), Flavourings, Maltodextrin, Dextrose, Thickeners (Xanthan Gum, Carrageenan Gum, Guar Gum, Locust Bean Gum), Colour (Caramel Powder), Cocoa Fibre, Anti-Caking Agent (Silicon Dioxide).

**GELART CHOCOLATE TOPPING SAUCE:** Sugar, Water, Dextrose, Caramelised Sugar, Dried Skimmed **MILK**, Dried Cream (**MILK**), Sunflower Oil, Maize Starch, Flavouring, Salt, Stabilisers (Xanthan Gum, Guar Gum).

**SHMOO STRAWBERRY MILKSHKAE MIX:** Skimmed **MILK** Powder, Fructose, Sugar, Thickeners (Xanthan Gum, Carrageenan Gum, Guar Gum, Locust Bean Gum), Colour (Beetroot Powder), Flavourings, Anti-Caking Agent (Silicon Dioxide).

**MILK.**

**GELART STRAWBERRY TOPPING SAUCE:** Sugar, Water, Strawberry Purée (3.5%), Acidity Regulator (Citric Acid), Stabiliser (Xanthan Gum, Guar Gum), Colour (Anthocyanins, Beta-Carotene), Flavouring.

**SHMOO BANANA MILKSHAKE MIX:** Skimmed **MILK** Powder, Sugar, Fructose, Dextrose, Thickeners (Xanthan Gum, Carrageenan Gum, Guar Gum, Locust Bean Gum), Flavourings, Anti-Caking Agent (Silicon Dioxide), Colour (Beta-Carotene).

**MILK.**

**GELART TOFFEE TOPPING SAUCE:** Sugar, Water, Dextrose, Caramelised Sugar, Dried Skimmed **MILK**, Dried Cream (**MILK**), Sunflower Oil, Maize Starch, Flavouring, Salt, Stabilisers (Xanthan Gum, Guar Gum).

**MILK.**

**MILKSHAKE UPGRADES:**

**WHIPPED CREAM:** Cream (97%) (**MILK**), Sugar (3%), Emulsifier (Lactic Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Stabiliser (Carrageenan), Natural Vanilla Flavouring, Propellant Gas (Nitrous Oxide).

**CHOCOLATE CRUMB: MILK**, Sugar, Cocoa Mass, Cocoa Butter, Whey Permeate Powder (from **MILK**), Vegetable Fats (Palm, Shea), Whole **MILK** Powder, Emulsifiers (E442, E476), Flavourings, Milk Solids 14% minimum, Cocoa Solids 25% minimum, Contains Vegetable Fats in addition to Cocoa Butter.

**SUGAR STRANDS:** Sugar, modified maize starch, vegetable oil (coconut), colouring foods (concentrates from spirulina, safflower, lemon, sweet potato, radish), glucose syrup, anti-caking agent (talc), colour (copper complexes of chlorophylls and chlorophyllins).

**FUDGE PIECES:** Sugar, Glucose Syrup, Sweetened Condensed **MILK** (**MILK** 56%, Sugar 44%), Palm Oil, Butter (**MILK**, Salt), Emulsifier: Glycerol Monostearate (from Palm), Flavouring, Salt.

**MAY CONTAIN: SOYA**

**SLICED CAKE KEY ALLERGENS:**

**NOAHS’ ZEBRA CAKE:**

**WHEAT, MILK, EGGS, OATS, SOYA.**

**NOAH’S MOCHA MUFFINS:**

**WHEAT, MILK, EGGS, SOYA.**

**NOAH’S VICTORIA SPONGE:**

**WHEAT, MILK, EGGS, OATS.**

**NOAH’S BANANA LOAF:**

**WHEAT, EGG.**

**NOAH’S CARROT CAKE/PUMPKIN CAKE:**

**WHEAT, EGG, MILK.**

**NOAH’S FESTIVE SLICE/ FRUIT CRUMBLE SLICE:**

**WHEAT, EGG, MILK, OATS, SULPHITES.**

**VEGAN LEMON CAKE:**

 **WHEAT, SOYA.**

**VEGAN CHOCOLATE & CARAMEL CAKE:**

**WHEAT, SOYA.**

**WINNIE’S BAKERY VICTORIA SPONGE:**

**WHEAT, MILK, EGG.**

**May Contain: NUTS, SESAME, SOYA.**

**WINNIE’S BAKERY CHOCOLATE CAKE:**

**WHEAT, EGG, SOYA, MILK.**

**May Contain: NUTS, SESAME.**

**CRODOT:**

**WHEAT, SOYA.**

**May Contain: NUTS, MILK, SESAME, EGGS, MUSTARD.**